

# AGING WELL

# Depression

## Why is addressing depression important?

Recently, Nelson has been feeling tired, frustrated, and no longer interested in things he once enjoyed, like spending time with his family and carving. One morning, he was sent a picture of his new great granddaughter. This is when he decided to ask his provider about his low energy. His provider screened him for depression and connected him with a Behavioral Health Consultant. Nelson learned skills to improve his mood, which allowed him to sleep better and have more energy to spend time with his loved ones. He now knows the signs of depression and feels safe being able to ask for help so he can enjoy life again.

## What are some considerations for depression?

- Being more irritable/short with loved ones
- Increased tiredness or insomnia
- Low energy and poor concentration
- Loss of interest in enjoyable activities
- Feeling isolated or alone
- Loss of sex drive

Depression is the constant feeling of sadness which can affect your mood, energy, concentration, and interest in activities.

## Questions to ask yourself:

- What do you enjoy doing?
- What is important to you and your family?
- Who do you feel safe talking to?
- What advice would you give someone feeling how you feel?



For more information visit:

[www.southcentralfoundation.com/aging-well](http://www.southcentralfoundation.com/aging-well)

Or scan the QR code



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## What can you do?

- Be physically active.
- Stay connected with friends and family.
- Explore nature.
- Have a good sleep routine.

## Where can you find support?

Contact your care team at St. Paul Community Health Center ..... (907) 546-8300

NB

☒ Your Primary Care Team 

Your primary care team can assist with learning about depression and appropriate treatment.

☒ Behavioral Health Consultants 

Behavioral health consultants can help assess and provide treatment recommendations, and connect you with other resources or activities to support.

☐ Elder Program  ..... (907) 729-6500

The Elder Program can provide support and help you stay connected.

☒ Family Wellness Warriors  ..... (907) 729-5440

Family Wellness Warriors offers learning circles that can provide support and help you stay connected.

☐ Wellness Center and Health Education   ..... (907) 631-7630

The Wellness Center and Health Education can provide resources to support your health and wellness.

### Key

NB Non-Beneficiary

☒ Support available to Non-Beneficiary

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit