

May is Mental Health Matters Month

Tuesday, May 15

Suggested Email Subject Line: Mental Health Matters at Any Age

Aging can bring many challenges and losses. However, depression and thoughts of suicide are not necessary or normal, and our mental health matters at every age. There is help for treating depression and hope to reconnect with life and the joys of living.

Because the journey of aging brings with it new stressors and opportunities, finding ways to grow and be healthy at all stages of life is important. Aging can also bring new possibilities, including more free time to pursue hobbies, volunteer in the community, travel, or spend time with friends and family.

Many older adults may not want to burden others by asking for help, even if they are going through a tough time. During Mental Health Awareness Month, there are actions you can take to show support for the older adults in your life:

- Familiarize yourself with the warning signs for suicide and signs of depression.
- Reach out and share the attached affirmation card to an older adult in in your life.
- Share the LGBT Mental Health and Aging Support Guide.
- Watch this video about Sally and Jay's journey to mental health advocacy.
- Get inspired by the stories they share and the experiences they contribute.



Want to get more involved? Check out Each Mind Matters' events page to find an event near you.

Remember to visit the (INSERT ORGANIZATION NAME) Facebook (INSERT HYPERLINK), Instagram (INSERT HYPERLINK), or Twitter (INSERT HYPERLINK) to learn about activities, ideas, and tips to promote mental health in your home and community.

[Insert Agency/CBO Signature Line]