

Who To Talk To If You Need Assistance

Make an appointment with your family physician or ask your insurance provider if they can recommend someone. If you need immediate help go to the emergency room or urgent care.



Mental Health Services for
Madison County
740-852-6256



National Suicide Hotline
1-800-784-2433
1-800-273-8255



Veterans Affairs
937-328-3385



Madison County Senior Center
740-852-3001



Clark, Greene and
Madison Counties
937-322-5600



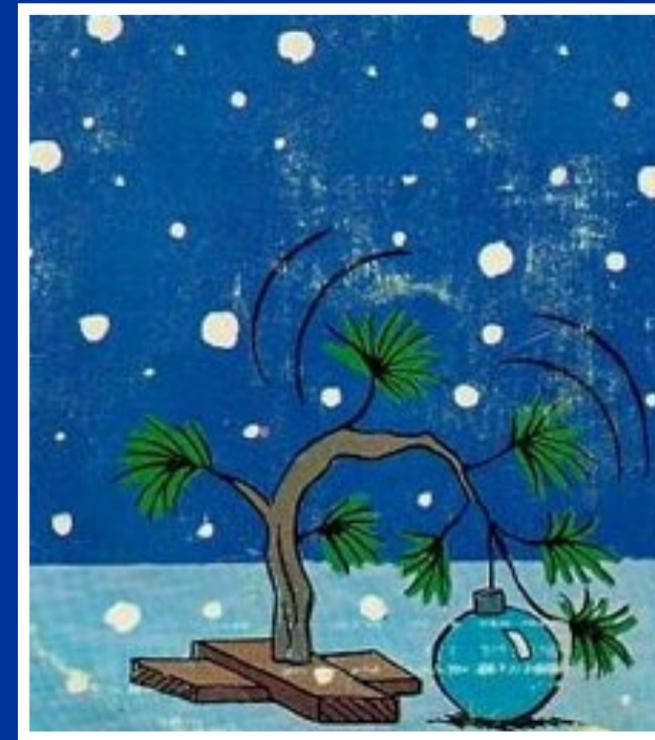
24 Hour Information & Referral Line
211 or 740-852-0287

Visit www.mhscc.com and click on the Anonymous Screenings tab on the left side of the page or use your smart phone to scan this code for a free anonymous mental health screening.



Facts About Late-Life Depression

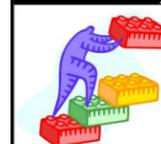
- Depression is different from temporary blues or mourning for a lost loved one, in that it lasts longer, and doesn't let up from day to day.
- Symptoms can include anxiety, irritability, loss of pleasure in activities, feelings of hopelessness and worthlessness, and worsened physical pain.
- As older people develop age-related health problems like heart disease, complications of diabetes, lung disease, joint problems and vision or hearing loss, they may start to experience symptoms of depression. In other words, their physical illness can trigger a bout of depression.
- Other triggers for depression include the loss of a loved one, the loss of social networks of friends and acquaintances because of a move, and even the hubbub of the holidays.



A Guide to Fighting The Winter Blues

What Seniors & Their Caregivers Should Know

Madison County



Depression & Suicide
Prevention Coalition

The mission of the Madison County Depression and Suicide Prevention Coalition is to increase awareness in the community about depression and suicide as public health concerns along with encouraging individuals to seek and access support.



Don't Give In To Holiday Depression

As older people develop age-related health problems like heart disease, complications of diabetes, lung disease, joint problems and vision or hearing loss, they may start to experience symptoms of depression. In other words, their physical illness can trigger a bout of depression.

All of these “triggers”, as they are called, can combine with the special pressures and interrupted routines of the holiday season to create an even greater risk of depression during the holidays. Such feelings may pass as Christmas, Hanukkah and New Year’s Day fade into memory. These feelings may not pass, and instead, they can lead the person to develop more serious and prolonged depression lasting weeks or months. That’s when it’s important to get help.

People in their seventies, eighties and nineties may also be less likely to recognize their increased tiredness, loss of appetite, and mood swings as signs of depression because of other physical problems they have, or simply because of the era in which they grew up.

They were taught to pick themselves up by their bootstraps and to not cry when things went wrong, so it may be really hard for them to talk about having emotional problems or about experiencing depression. They may feel like they need to be stoic and power through it. For example, the generations that witnessed the Great Depression may be less likely to recognize their own depression.

Younger people have grown up in an era when research has shown that depression is a physical illness rooted in brain chemistry and genetics, and not in personal failings or weakness. So what can be done for an older person who develops temporary or more lasting depression? The easiest prescription is simply for them to get up, get dressed and get out of the house to connect with other people. Read on for more ways to manage holiday blues.

The DOs of Managing Holiday Blues:

DO follow the three basics for good health:

- ◆ eat right
- ◆ get plenty of rest
- ◆ exercise regularly

DO let go of the past and create new or different ways to celebrate.

DO allow yourself to feel sad, lonely or melancholy. These are normal feelings, particularly at holiday times.

DO enjoy activities that are free.

DO spend time with people who care about you.

DO spend time with new people or a different set of friends or family.

DO set realistic goals:

- ◆ organize your time
- ◆ make lists
- ◆ prioritize
- ◆ make a budget and follow it

DO contact someone with whom you have lost touch.

DO give yourself a break -- plan to prepare (or buy) one special meal, purchase one special gift, and take in one special event. The rest can be ordinary, but will seem special because of the time of year and the people you're with.

DO something for someone else.

DO treat yourself as a special holiday guest.

The DON'Ts of Managing Holiday Blues:

DON'T drink too much alcohol.

DON'T overindulge in holiday foods, especially those that are high in sugar and fat.

DON'T dwell on the past.

DON'T have unrealistic expectations of yourself or others.

DON'T focus on what you don't have.

DON'T spend money you don't have.