

# Mental Health Essentials for Older Adults



## ABOUT THE PROGRAM

### **90-minute program for older adults & their caregivers.**

Participants will learn:

- how to differentiate between the states of mental health
- how to talk about mental health
- how and where to get professional support
- strategies for coping with loss and adapting to this chapter of life
- strategies for self-care for yourselves and loved ones

*Evidence-based*

*Delivered by  
experienced clinicians*

*Offered virtually or  
in-person*



**Mental Health Collaborative** is a nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: obtaining and maintaining good mental health, understanding mental illnesses, decreasing stigma, and knowing when, where, and how to get help. Our programs are backed by Mental Health America, the JED Foundation, and the National Academy of Health and Physical Literacy.

To learn more about this program, contact us at  
508-625-1660, [info@mentalhealthcollaborative.org](mailto:info@mentalhealthcollaborative.org)  
or visit [mentalhealthcollaborative.org](http://mentalhealthcollaborative.org)