

Mental Health Essentials for Older Adults



ABOUT THE PROGRAM

Older adults & their caregivers will learn to:

- Understand the different states of mental health
- Talk about mental health with confidence & compassion
- Know how & where to access professional help & community resources
- Use strategies for coping with loss & adapting to this stage of life
- Practice self-care for themselves & their loved ones

Evidence-based

*Delivered by
experienced clinicians*

*Offered virtually or
in-person*

Direct Delivery: 90 minutes



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
or visit mentalhealthcollaborative.org