



## Better mental health for all

### Mental health is important at every age

According to the American Psychological Association, as many as one in every five people who are 55 or older have a mental health condition such as depression or anxiety. But fewer than three percent of older adults seek professional help.<sup>1</sup> These mental health concerns are not a normal part of aging and can be helped.

To learn more, read [Mental health and older adults](#) and check out the Think Tank *Older adults and mental health* podcast series:

- [Staying connected](#) | [Transcript](#)
- [Resources and support](#) | [Transcript](#)

### It's time to talk about mental health

If we see someone who has a broken arm, we don't shy away from asking what happened or offering support. But if we see someone struggling emotionally, we don't always know what to say or how to help. Just like with physical health, it's important to be comfortable talking about mental health. Check out [Talking to friends and family about mental health concerns](#) for tips to help start the conversation.

The more you understand mental health, the better you can help yourself and others through tough times. If you or someone you know is struggling with anxiety, stress, depression or other mental health issues, reach out. We're here for you 24/7.

<sup>1</sup>[Growing mental and behavioral health concerns facing older Americans](#). Available at: APA.org. Accessed March 2022.

### Resources for Living®

**Make your mental wellbeing a priority. We're here 24/7 for you, your household members and children living away from home up to age 26.**

**Give us a call for free, confidential help and referrals for any emotional or mental health concerns you may have.**

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