



## IMPORTANT FACTS:

Approximately **15 out of every 100** adults over the **age of 65** suffer from depression.

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**Depression is not** a sign of weakness or a character flaw. **You are not alone!!**

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Depression is not something you just “get over.” It is a **real illness** with real symptoms.

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Depression is **not** a normal part of aging .

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Depression is **treatable at any age** but is **often overlooked**. Symptoms may mimic an existing disease process or medicines commonly taken. Because of this, the depression could remain untreated. It is **very important** to share all of your concerns, *including mental health*, with your physician so an appropriate diagnosis can be made and treatment can be put in place.

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Depression is **harmful to both mind and body**. If not treated, it can delay or complicate recovery from other conditions.

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## DEPRESSION

### *How does depression feel?*

- A persistent **sad, anxious or “empty”** mood .
- Loss of interest** in what you used to enjoy.
- Low energy, **fatigue**, feeling “slowed down”.
- Changes in **sleep patterns**.
- Loss of appetite, **weight loss or gain**.
- Trouble concentrating** or making decisions.
- Feeling **hopeless, blue, gloomy**.
- Thoughts of **death or a suicide** attempt.
- Aches/pains** that don’t respond to treatment.
- Alcohol and/or drug** abuse.

[www.samhsa.gov](http://www.samhsa.gov)



Recovery has no age limit.

**OMHAC**

OKLAHOMA MENTAL HEALTH & AGING COALITION

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There are many excellent treatment options for depression...**at any age.**

*Please call for more information or log on to the OMHAC website.*

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[www.odmhsas.org](http://www.odmhsas.org)  
 405-522-3810

**Please speak openly with your doctor if you are experiencing any of the symptoms listed.**