



Mental Health Awareness Month



MENTAL HEALTH AWARENESS FOR OLDER ADULTS

RECOGNIZING THE IMPORTANCE OF MENTAL HEALTH FOR OLDER ADULTS IS **CRITICAL**. LET'S COME TOGETHER TO PROMOTE MENTAL WELL-BEING, CHALLENGE STIGMA, AND **STRENGTHEN THE AWARENESS** AROUND OLDER ADULTS AND MENTAL HEALTH.

HERE ARE SOME **SIMPLE WAYS TO CREATE AWARENESS** ABOUT OLDER ADULT MENTAL HEALTH:



Attend Educational Webinars like the ASA's Give an Hour series on the intersectionality of mental health and aging.



Watch the ASA's new webcast series Beyond Generations focusing on promoting mental health equity.



Read the latest Generations Journal on Mental Health, Aging, and Resilience



In California

21%

Only **21%** of older adults (65+) report **accessing** mental health services*



Nearly **14%** of older adults (50+) **experience** mental illness and **3%** suffer **serious** mental illness*

More resources and education on **Older Adult** mental health:

- [National Coalition on Mental Health and Aging](#)
- [E4 Center of Excellence](#) for Behavioral Health Disparities in Aging
- [Substance Abuse and Mental Health Services](#) for aging adults
- [Center for Disease Control and Prevention](#) on mental health & aging
- [World Health Organization facts](#) on the mental health of older adults
- [National Institute of Mental Health](#) on older adults and mental health

Contact your local HCA partner for free help at **1.888.804.3536** Healthconsumer.org