

When the blues don't go away

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# Understanding depression in later life



## What is depression?

- Depression is a medical illness (just like diabetes or heart disease), and it is more than feeling sad or unhappy.
- Feeling down at times is normal. If you're feeling down most of the time for more than two weeks, there may be something else going on.<sup>1</sup>

## What does depression look like?

**Mood:** feeling empty, sad or irritable<sup>1</sup>

**Actions:** feeling anxious, unable to concentrate or thoughts of suicide<sup>3</sup>

**Physical health:** issues sleeping, lack of energy or loss of appetite<sup>1</sup>

## How can I stay well?<sup>2</sup>

- Be active
- Eat a well-balanced diet
- Create a routine for going to bed
- Focus on the positive
- See a healthcare professional

# Where can I get help?



Resources and support for mental health and addictions are available in your community.

For more information, connect with any of the following organizations:

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## ConnexOntario

Contact for 24/7, confidential and free information about mental health, addiction and problem gambling services throughout Ontario.

[www.connexontario.ca](http://www.connexontario.ca)  
**1-866-531-2600**

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**Canadian Coalition for Seniors' Mental Health** [www.ccsmh.ca](http://www.ccsmh.ca) **289-846-5383**

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## Canadian Mental Health Association

<https://ontario.cmha.ca/>  
**1-800-875-6213**

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## Centre for Addiction and Mental Health

[www.camh.ca](http://www.camh.ca) **1-800-463-2338**

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## Community Information Centres

[www.211Ontario.ca](http://www.211Ontario.ca) **Dial 211**

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## Mood Disorders Association of Ontario

[www.mooddiseorders.ca](http://www.mooddiseorders.ca)  
**1-888-486-8236**

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## Resources

Depression: An information guide, Centre for Addiction and Mental Health

<http://www.camh.ca/-/media/files/guides-and-publications/depression-guide-en.pdf>

Depression in elderly, Mood Disorders Society of Canada

<https://mdsc.ca/documents/Consumer%20and%20Family%20Support/Depression%20in%20Elderly%20edited%20Dec16%202010.pdf>

## References

1. Mood Disorders Society of Canada. (n.d.). *Depression in the elderly*. Available: <https://mdsc.ca/documents/Consumer%20and%20Family%20Support/Depression%20in%20Elderly%20edited%20Dec16%202010.pdf>. Accessed February 5, 2020.
2. Centre for Addiction and Mental Health. (2013). *Depression: An information guide*. Toronto, ON: Centre for Addiction and Mental Health.
3. Casey, D.A. (2017). Depression in older adults: A treatable medical condition. *Primary Care*, 44 (3), 499–510.

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