



Understanding Depression, Anxiety & Suicide in Older Adults

Signs and symptoms of emotional distress may include:

- Anxiety
- Apathy
- Crying spells/sadness
- Confused thoughts
- Change in eating/sleeping patterns
- Disorientation, failing memory
- Low self-esteem
- Unresolved grief
- Irritability
- Social isolation

1 in 15 people 65+ suffer from depression. Join Noni New, a Licensed Clinical Social Worker with HD#6 as she provides information on anxiety, depression & suicide in older adults, facts vs. myths, steps in recognizing risks, prevention tips, resources & more. Please come if you are a: Senior, Caregiver, Family, Community Member, Health Care or Social Service Provider.

For more information call HD#6 Senior Support Services 620-896-7324 x428



LUNCH PROVIDED AT BOTH LOCATIONS

Harper Campus: Wednesday Dec. 19th
700 W. 13th St Noon—1pm

Anthony Campus: Thursday Jan. 3rd
1101 E. Spring Noon—1pm