

**Depression and other mental health issues can make bodily illnesses worse and slow down recovery time. These issues can become complications and roadblocks to recovery, making it hard to do even simple things like feed, care for, and clothe yourself. It's important to remember that struggling with basic tasks isn't always just a sign of getting older or the life changes that accompany aging.**



**If you're concerned about the mental health of yourself or a loved one, watch for these signs to see if anything is out of the ordinary:**

- ◇ **Change in sleeping patterns—not enough sleep or oversleeping**
- ◇ **Increased worry or feeling stressed**
- ◇ **Thoughts of death or suicide attempts**
- ◇ **Difficulty concentrating, feeling restless or on edge**
- ◇ **Noticeable changes in mood, energy level, or appetite**
- ◇ **A need or dependence on drugs or alcohol**
- ◇ **Sadness, hopelessness or trouble having positive emotions**
- ◇ **Ongoing headaches, digestive issues, or pain**
- ◇ **Anger, irritability, or aggressiveness**
- ◇ **Engaging in high-risk activities**

