

Yes, it can be depressing!
**But you can always rebuild
your mental health ...**



During this period of confinement, isolation and fear of COVID can cause distress in older adults. It's important to pay attention to signs of depression; sometimes they can be harder to see in seniors.

ARE YOU SHOWING ANY OF THESE SIGNS OF DEPRESSION?

- ✓ Losing interest in and giving up activities
- ✓ Often feeling afraid that something bad is happening
- ✓ Feeling useless
- ✓ Almost always being in a bad mood
- ✓ Having the impression that life is boring
- ✓ Feeling that life isn't worth living anymore
- ✓ Feeling very tired

IT'S IMPORTANT TO ASK FOR SUPPORT!

If you think you may be having some signs of depression....

You could be **a bit** depressed. Talk to someone you trust. Often, the simple fact of talking to someone who doesn't judge you can be helpful. Good friends, family and your life partner can be a good remedy for depression. A phone call or video call can do a lot of good.

If you see that you have **MANY** of these signs or you think you'd be better off dead...

You may be experiencing depression.

Don't wait. Quickly ask a professional for help. No need to know where to start. We're there to listen.

You can always rebuild your mental health.

santemontreal.qc.ca/depression

Call 811

811 is a free confidential help line accessible at all times (24/7). We won't judge you. We can help you sort out the situation. A social worker will answer your questions and, if needed, refer you to the right resource, where you can get more help.

Go to your CLSC

CLSCs are ready to see you if you feel depressed and want help. Go to the reception and someone will take care of you.

Call 1-866-APPELLE (277-3553) – Suicide.ca

If you think life just isn't worth it, call anytime (24/7) to talk to a care provider. The person will listen to you and explore various solutions with you.