

Upper Westside 3



West End Avenue

April 2015

Suggestions for Overcoming Depression

Finding Help

- Always seek help from a professional (i.e., psychiatrist, psychologist, social worker.)
- It's very hard to find a competent mental health clinician – the first one you see may not be right for you.
- Some people need medication right away. If a professional is able to prescribe medication/s, time should be taken to learn the person's history and get a thorough physical before the medication is prescribed.
- Cognitive Behavior Therapy can also be very helpful.
- If you had depression when you were younger, chances are greater you will get it when you are older. However, only 5% of all older adults have clinical depression.

Insurance Plans

- Group insurance plans have to enroll persons with a history of mental illness.
- Life insurance is different, and companies may still discriminate.
- Some doctors don't accept all medical plans.
- For an older person finances maybe a hindrance to affording medication. Check out programs that help with drug costs.

Helping Yourself

- Be your own advocate. Evaluate what you can do.
- Become informed about your condition. Recognize and navigate the maze.
- Manage expectations while finding the right fix.
- Don't isolate yourself.

Helping Others

- Encourage them to find help. Recognize there is still a stigma to mental illness.
- Family and friends should not let the person with depression be isolated.
- Remember, "It's the illness not the person."



June 2015

Two Topics for Thought

Members discussed the blues and ways to move beyond them.

Here are some points:

- Grieving –A lost relationship to your daily routine sometimes lasts for an extended period of time
- Blues can include: unrealistic expectations; focusing on everyday obstacles and bad events.

Ways to cope with the blues:

- Re-discover and focus on the things that make you happy
- Concentrate on things you can control
- Learn about, and utilize Mindfulness
- Re-focus and distance yourself from situations and issues that cause the blues
- Ask yourself, “What am I doing to make myself feel better?”
- Get short-term therapy

The second topic focused on friends and how they can support or undermine our well-being

- Know which friends can help you through rough patches.
- Friendships must encourage growth, not keep people in old roles.
- If a relationship sprang up during stressful or unhappy time and you no longer share current interests, it may be time to lose that friend.