

# Depression: It's NOT the New Normal



If you are an older adult and depression becomes your new normal, it is important to know that depression is NOT a normal part of aging.

Depression in older adults can be difficult to recognize. Sometimes sadness is not the main symptom. Symptoms can include fatigue, trouble sleeping, confusion and irritability.

Grief is not the same as depression. However, when grief lasts a long time it may become depression.

Medical conditions can cause depressive symptoms, and medications sometimes have side effects that contribute to depression.

***If you think you may be depressed, it is important to know that help is available, treatment works and people do recover!***

***Turn over this card to see who to contact in your area.***

# Find Your Community Services Board!

If you are concerned that you or someone you know is depressed, call your Community Services Board for guidance and resources.

## **Alexandria Community Services Board**

[www.alexandriava.gov/DCHS](http://www.alexandriava.gov/DCHS)

703-746-3400 (TTY 711)

## **Arlington Community Services Board**

Senior Adult Mental Health

[aging-disability.arlingtonva.us](http://aging-disability.arlingtonva.us)

703-228-1700 (TTY 703-228-1788)

## **Fairfax-Falls Church Community Services Board**

[www.fairfaxcounty.gov/csb](http://www.fairfaxcounty.gov/csb)

703-383-8500 (TTY 711)

## **Loudoun County Community Services Board**

Mental Health, Substance Abuse and  
Developmental Services

703-771-5155 Access (TTY 711)

703-777-0320 Emergency Services (TTY 711)

[www.loudoun.gov/mhsads](http://www.loudoun.gov/mhsads)

## **Prince William Community Services**

703-792-7800 – Manassas (TTY 711)

703-792-4900 – Woodbridge (TTY 711)

[www.pwcgov.org/cs](http://www.pwcgov.org/cs)



[www.SuicidePreventionNVA.org](http://www.SuicidePreventionNVA.org)



Call 703-324-7000 to request  
this information in an alternate format.

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