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.