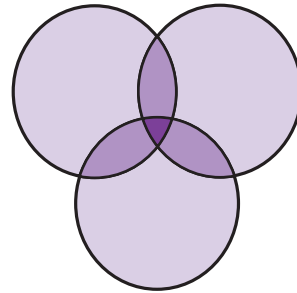


Before you say, "I'm fine",
ask yourself if you feel:

- *Guilty or Worthless*
- *You no longer enjoy things you used to*
- *Restless or Irritable*
- *Life is not worth living*
- *That no one loves you*

Or if you are:

- *Sleeping more or less than usual*
- *Eating more or less than usual*
- *Having persistent headaches, stomachaches, or chronic pain*



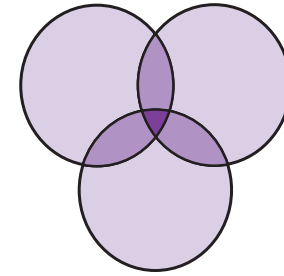
TRI-COUNTY
MENTAL HEALTH
SERVICES, INC.

3100 NE 83rd Street
Suite 1001
Kansas City, MO 64119
Northland Human Services Building
Phone: 816-877-0453

24-Hour Crisis Line:
(888) 279-8188

Hearing Impaired: Dial 711

www.tri-countymhs.org



TRI-COUNTY
MENTAL HEALTH
SERVICES, INC.

Older Adult Services



"Offering Hope..."

Depression is not a normal part of aging

According to the Centers For Disease Control (2010):

- *Older adults are at increased risk of developing depression as it is more common in people who have other illnesses.*

80% of older adults have at least one chronic health condition, and 50% have two or more.

- ◆ *Older adults are often misdiagnosed and undertreated as symptoms may be mistaken as normal grief, etc.*

Older adults may feel their sadness is part of growing older and/or they may feel uncomfortable seeking help.

Services Offered:

- ◆ **Assessment** – At the first visit, clients meet with a mental health professional to discuss challenges they are facing. This can be done in the home, at Tri-County, or at a partnering agency location.
- ◆ **Care Coordination** – Free assistance offered to Northland older adults and their families regarding mental health, recommended next steps, and assistance accessing resources such as a friendly visitor program, transportation, meals on wheels, etc. Community education topics are also provided on the issue of older adult mental wellness and depression prevention free of cost.
- ◆ **Community Support** – Services to help clients live independently such as housing, legal assistance, transportation, and employment for those who qualify.
- ◆ **Medication Clinic** – Staff psychiatrists and nurses evaluate and monitor the effectiveness of medications that are prescribed.
- ◆ **Outpatient Services** – Individual and group therapy are provided at convenient locations or in the home.
- ◆ **Substance Abuse Treatment** – Comprehensive substance abuse services including inpatient and outpatient treatment options.



Older Adult Outreach Coordinator
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