

# Four Things To Know About Depression

and Older Adults



Everyone has feelings of uneasiness, stress, and sadness at some point during their life.

However, clinical depression is more than just feeling sad or blue. It's a serious condition that affects many older adults and requires treatment.



**Signs and symptoms of depression vary from person to person.** Look for changes in your mood or your interest in participating in activities.



**Depression can be treated.** If you have symptoms of depression that last for more than two weeks, talk with your doctor. There are many effective treatment options, so it's important to seek help early on.

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**Get support from family and friends.** Though they cannot provide treatment, loved ones can help someone with depression by listening, watching for symptoms, participating in activities the person enjoys, and encouraging them to seek treatment.

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**A healthy lifestyle can help feelings of depression.** Staying active, eating a healthy diet, getting enough sleep, and connecting with friends and family can benefit your mental health.

Visit [www.nia.nih.gov/health/depression-and-older-adults](http://www.nia.nih.gov/health/depression-and-older-adults) for more information about depression and older adults.