

## **Counseling**

Programs that provide emotional support, information and guidance to help people resolve whatever personal or interpersonal difficulties they are experiencing.

Article

## **Older Adults and Mental Health**

It's just as important for an older person with symptoms of depression to seek treatment as it is for someone younger. The impact of depression on health in older adults can be severe: much research has reported that depression is associated with worse health in people with conditions like heart disease, diabetes, and stroke.

Source

[National Institute of Mental Health](#)

Article

## **How Do I Know if I Am Experiencing Depression?**

Depression is a serious medical illness. This article may help you determine if you are experiencing depression, and provide some suggestions for next steps.

Source

[Centers for Disease Control \(CDC\)](#)

Links

## **American Psychological Association**

Source

[American Psychological Association](#)

Links

## **American Psychiatric Association**

Source

[American Psychiatric Association](#)

Links

## **National Mental Health Consumers' Self Help Clearinghouse**

Source

[National Mental Health Consumers' Self Help Clearinghouse](#)

Links

## **Depression and Bipolar Support Alliance**

Source

[Depression and Bipolar Support Alliance](#)

Links

## **National Institute of Mental Health**

Source

[National Institute of Mental Health](#)

Links

## **National Alliance on Mental Illness (NAMI) | Virginia**

Source

[National Alliance on Mental Illness \(NAMI\) | Virginia](#)

Article

## **In Times of Stress: Finding Links to the Past**

While there is no magic formula for surviving times of high anxiety, taking stock of your own history can help you deal more effectively with stressful reminders.

Source

[American Hospice Foundation](#)

Article

## **Depression and Caregiving**

Caregivers are at a high risk for depression. Learn how to recognize depression in yourself and others and how to treat it.

Source

[Family Caregiver Alliance](#)

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