

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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