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Depression in Older Adults

What You Need to Know and Helpful Resources

Overview

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Med cat ons

Ps chotherap

Educat on and Support

Prevent on

Resources

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YMCA

9-8-8 Suicide Crisis Helpline.

Ontario Structured Psychotherapy Program

BounceBack

MindBeacon

TELUS Health CBT

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Headspace app

Calm

The Healthy Minds Program App.

References

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