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Depression in Older Adults

What You Need to Know and Helpful Resources

Overv e

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Med cat ons		
Ps chotherap		
Education and C		
Educat on and Support		
Prevent on		

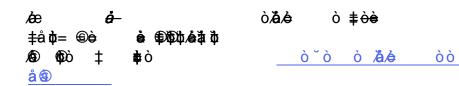
Resources

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YMCA



9-8-8 Suicide Crisis Helpline.

Ontario Structured Psychotherapy Program

BounceBack

MindBeacon

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TELUS H	lealth CBT	
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Hea	dspace app	
Calm		
The Hea	Ithy Minds Program App.	

Refere	nces		
DI CLAI	IME		