



60+ Getting Better! Your MAPP to a Healthier Life

What Can You Do?

If someone you love is depressed, you may be experiencing a number of emotions from helplessness, frustration, anger, guilt and sadness. Understand that it is not your fault, and that recovery is in the hands of your love one.

1. **The symptoms aren't personal.** Depression makes it difficult for a person to connect on a deep emotional level with anyone, even the ones they love most.
2. **Hiding the problem won't make it go away.** Don't make excuses, cover up the problem or lie for someone who is depressed. Don't be an enabler.
3. **You can't "fix" the problem.** It's not up to you to fix the problem, nor can you. You are not responsible for another persons happiness, only your own!

One Day At A Time...

Depression is not a normal part of aging. It is not a character flaw. The stigma associated with depression often stops people from getting help. Research shows that 80% of those diagnosed can be effectively treated. Getting help is the first step!



For additional questions or concerns call:

- Your Primary Care Physician
- Family Alliance, Inc. 815-338-3590
- Senior Services Associates 815-356-7457
- McHenry County Crisis Line 800-892-8900
- 211



“I think the saddest people always try their hardest to make people happy. Because they know what it’s like to feel absolutely worthless and they don’t want anybody else to feel like that.” – Robin Williams –

Understanding What It Feels Like

Normal Tasks Take Longer

- Everything seems to take more energy and requires more time to complete.
- Simple tasks become more difficult and overwhelming.

It Can Be All-Consuming

- Every aspect of your life is affected.
- It can negatively affect your overall health, relationships and career.

You Can't Simply Get Over It

- Telling someone to “snap out of it” or “get over it” can add frustration and anxiety.

It is Not Sadness

- Depression is not the same as being sad. In fact, many people with this condition feel nothing at all.

Energy Is Hard to Come By

- Because depression affects you physically, mentally and emotionally, it can be extremely draining on your energy level.

It Can Be Physically Painful

- Back pain, stomach cramps, headaches, joint pain and general discomfort are common symptoms of depression.

Depression is Different for Everyone

- It can take on different forms for different people. The best support you can be is empathetic.



MAPP: Mobilizing for Action
through Planning and Partnership