

# Your Well-Being Matters: Recognizing Depression in Later Life

To recognize depression in yourself or others, look for the following symptoms:



## **Emotional Symptoms:**

Persistent sadness, irritability, and feelings of hopelessness.



## **Cognitive Symptoms:**

Difficulty concentrating, remembering things, and indecisiveness.



## **Physical Symptoms:**

Changes in appetite, difficulty sleeping, and chronic fatigue.



## **Behavioral Symptoms:**

Withdrawing from social activities and neglecting personal responsibilities.

## **What you can do to take care of your well-being:**

Embrace the activities that bring you joy and purpose · Let go of things that bring you stress · Stay connected with your friends and family · Eat regular, healthy meals · Stick to a sleep schedule · Exercise every day · Establish a daily routine

Don't be afraid to ask for help!  
There's lots that can be done to  
help improve your well-being.

To get professional help, contact  
your physician or call the  
Massachusetts Behavioral Health  
Help Line at 833-773-2445.



***Fostering Healthy Minds Through  
Community Connections***



School of Social Work:  
Center for Aging & Disability Education & Research