



Life is Good

From the
**Western CT Area Agency on Aging and
Northwest Regional Mental Health Board**

These may be signs of depression if they are experienced on an ongoing basis.

- Ongoing feelings of sadness. Anxiety or “empty” mood. Often teary-eyed or crying.
- Ongoing feelings of grief over loss or illness.
- Feeling worthless, guilty that you are a burden.
- Feeling very tired even after sleeping a reasonable amount, or unable to sleep.
- Feeling restless, irritable or agitated.
- Having no energy to do basic daily activities.
- Eating more or less than before, weight gain/loss.
- Not enjoying the things you used to.
- Feeling that nothing is worthwhile, no activities are interesting.
- Having persistent physical symptoms that do not respond to treatment (including headaches, chronic pain, digestive disorders).
- Using alcohol or drugs to feel better.
- Difficulty concentrating, making decisions, remembering things.
- Continuously complaining.
- Not bathing or changing clothes.
- Low self esteem or thinking about suicide or death.

Depression is not a normal part of aging.

If you or a loved one is experiencing any of these symptoms, contact your Physician or Mental Health Professional.

Western CT Area Agency on Aging
(800) 994-9422 or (203) 757-5449

Northwest Regional Mental Health Board, Inc.
(203) 757-9603

Waterbury Hospital/Crisis Service
(203) 573-6500

Mobile Crisis/24-hour Hotline (adults/over 18)

Danbury/Torrington: 1-888-447-3339

Waterbury: 1-866-794-0021

Crisis/Mobile Crisis (children under 18)

Call 211



LOCAL HELP FOR PEOPLE WITH MEDICARE