Age UK
Improving later life

NHS

You're not alone

- We may feel stressed, unhappy or worried from time to time
- Sometimes it doesn't go away so it gets harder and harder to cope on your own
- 1 in 4 people will experience anxiety or feel low at some point in life

It helps to talk and talking treatments are available for everyone – no matter what age

"I'd advise anyone who's feeling really low or anxious to ask for help… the longer you leave it the worse it gets"

Talking about your problems can really help – evidence shows older people have found this really helpful

"It's just old age"

In general, older people are more satisfied with their life than younger people. If you're feeling worried, stressed or low – it's not just your age

✔ Talking helps ✔ Take the first step today ✔ Tal

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"I've got health problems – talking won't help that"

Problems with your health can contribute to feeling low or anxious but talking treatments can help you feel better all round.

Older people's problems are different

Bereavement, poor health, and caring for others are more common challenges for older people but when they cause stress, worry or low mood this can be helped with talking treatments.

k to your GP or practice nurse ✔ Ask about talking treatments

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What will I say to my GP?

You will not be wasting your GP's time by going to them with something that's not physical. Depression and anxiety are just as deserving of your GPs help.

It is important to be open and honest with your GP. For example, your GP may ask if you've been drinking more than usual or sleeping badly. It is unlikely you will say anything they haven't heard before. What you say is confidential.

You can find further information about depression and ways it can be treated on the Age UK website here:

http://www.ageuk.org.uk/health-wellbeing/conditions-illnesses/depression/

To find out more about anxiety and depression visit the NHS Choices website:

www.nhs.uk

To find a talking treatment service

You can find a list of talking treatments in your area here:

http://www.iapt.nhs.uk/services/

Some services allow you to contact them directly, others want your GP to refer you.

Many local Age UKs provide, or can direct you to, a range of support services such as:

- ✔ Information and advice
- ✔ A free benefits check
- ✔ Exercise programmes day centres and lunch clubs
- ✔ Befriending schemes
- ✔ Bereavement counselling, depression support, person-centred therapy

For more information, or to find your nearest Age UK, please call Age UK Advice, free, on **0800 169 65 65**

Emergency contact number
Samaritans **08457 90 90 90**