

# MENTAL HEALTH and WELL BEING for OLDER PEOPLE

## How *fine* are you?



**Are you or a member of your family over 60? Mental health problems often go unrecognised in older people. If you have noticed recent changes in your feelings and behaviour, this may be a sign that you are not well.**

Here are some things to look out for:

- changes in your mood
- hearing voices that are not heard by others, or seeing things that are not visible to others
- feelings of guilt, shame and worthlessness
- unusual irritability, tearfulness, agitation or anxiety
- loss of appetite, or eating more than usual
- waking early or altered sleeping
- poor concentration
- withdrawal and loss of interest in life, including sex
- feelings of hopelessness or suicidal thoughts.

There are many things you can do to help. For more information pick up one of our leaflets or contact Surname Forename on 0131 200 2000.



**NHS**  
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HEALTH AND SOCIAL CARE