

# OLDER ADULT SERVICES

Many elderly people living in nursing homes and within our communities face significant mental health challenges. Mental illnesses such as depression, anxiety, dementia-related conditions, and other cognitive impairments are prevalent among older adults and often go underdiagnosed or undertreated. Factors contributing to mental health issues in the elderly include social isolation, loss of loved ones, chronic physical health problems, and the transition to assisted living or nursing homes. Recognizing these unique challenges is crucial for providing effective care and support.

Southwestern offers Individual Consultations to support older adults and their families in navigating mental health care and planning for the future. These consultations provide a confidential space where individuals can discuss concerns related to mental health symptoms, coping strategies, and life transitions such as retirement, loss, or changes in living arrangements. Family members can also receive guidance on how to support their loved ones effectively, understand the progression of mental health conditions, and explore available resources for ongoing care.

To learn more or to schedule a consultation, please call us at 812-423-7791 and press 1 to get started. We're here to support you and your loved ones with compassionate, expert care tailored to the unique mental health needs of older adults.



**Southwestern**  
Behavioral Healthcare, Inc.  
*Improving Lives Together*



812-423-7791 Appointments  
812-422-1100 Crisis Line

[southwestern.org](https://southwestern.org)

