

## Mental Health support for older adults (65+)

Older adults who experience low mood or anxiety often associate their symptoms to being an understandable and unavoidable part of the ageing process. But this does not have to be the case. For many, improving how they feel can lead to improved self-care. Talking therapies can make a real difference and help improve the lives of older adults. Mid Essex Talking Therapies is here to help and offers a range of treatment options.

**MYTH:** Patients aged 65+ yrs. have to be referred to the Older Adults Mental Health Service.

**FACT:** Mid Essex Talking Therapies caters for patients of all ages including older adults with mild to moderate mental health needs. Patients can be referred via their GP or can self-refer online or by telephone.



**MYTH:** It is a normal part of the ageing process to experience low mood and anxiety.

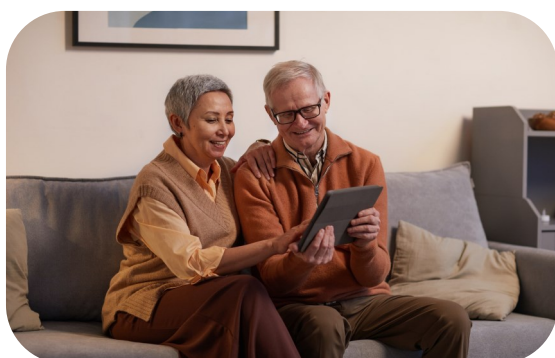
**FACT:** Whilst older adults often face increasing challenges, the impact of this can be managed and does not have to result in emotional distress. Research evidence shows that psychological therapies are effective in treating later life depression and anxiety disorders (IAPT Positive Practice Guide, 2021).

**MYTH:** Patients with physical health conditions would not be able to focus on their mental health.

**FACT:** Mid Essex Talking Therapies offers evidence-based psychological interventions to support patients in coping with the emotional impact of a variety of physical health conditions. Better mental health often leads to improved self-management of physical health conditions and greater resilience.

**MYTH:** A lot of treatment options are available digitally, which prevents older adults accessing help.

**FACT:** There is a range of treatment options on offer, which includes face-to-face therapy. Feedback from some older adults has highlighted that virtual appointments have made treatment more accessible.



**MYTH:** Older adults will find it too overwhelming to complete the skills practice that is required for CBT.

**FACT:** All clinicians are trained in adapting treatment. Treatment is collaborative, so clients are encouraged to set goals which they feel are achievable and the pace of treatment is tailored to the client. The service also offers alternatives to CBT if this is appropriate for the client.

**Self-referral: 01376 308704**

**[www.hpft-talkingtherapies.nhs.uk](http://www.hpft-talkingtherapies.nhs.uk) or scan the QR code**

