



INSPIRING
ACTION
CHANGING
LIVES

You're Invited

Please join the Substance Abuse and Mental Health Services Administration, the Administration for Community Living, and the National Coalition on Mental Health and Aging for

NATIONAL OLDER ADULT MENTAL HEALTH AWARENESS DAY 2019

in conjunction with SAMHSA's National Prevention Week

MONDAY, MAY 20, 1:00-3:30 P.M.

Great Hall of the Hubert H. Humphrey Building
200 Independence Avenue, SW | Washington, DC

**Register now to participate
in person or via webcast!**

<https://www.eiseverywhere.com/ehome/412434>



It may not make the headlines often, but we know that suicide, depression, and problems with alcohol and medications are issues that older adults face. It is important that we focus efforts on this population because:

The U.S. Census Bureau indicates that by 2030, there will be nearly **75 million Americans over age 65**.

A 2012 study from the Institute of Medicine found that **nearly one in five older Americans** has one or more mental health/substance use conditions.

Although they comprise only 15.2 percent of the U.S. population, **older adults accounted for 18.2 percent** of suicide deaths in 2016, and males 75 years old or older have suicide rates **nearly double of any other age group**.

Caring for older adults is an important part of SAMHSA's mission, and as with other groups, there are strategies that can help mitigate and prevent negative outcomes.

This event is designed to raise public awareness around the mental health of older Americans, and spur actions to address their needs by promoting evidence-based approaches to mental health and substance use prevention, treatment, and recovery supports. This event also will highlight the importance of collaboration between the mental health and aging networks and highlight where people can seek treatment and services when needed.

WANT TO LEARN MORE ABOUT OLDER ADULT MENTAL HEALTH?

Check out these resources available at the SAMHSA Store.

<https://store.samhsa.gov>

Promoting Mental Health and Preventing Suicide:
A Toolkit for Senior Living Communities

Promoting Emotional Health and Preventing Suicide:
A Toolkit for Senior Centers

