FREE TRAINING

Gray Matters: Understanding Depression & Anxiety in Older Adults

Presented By: Kay King

Community Educator & Older Adults Program Director for National Alliance on Mental Illness (NAMI)

One training ~ Two Topics!

Date: Wednesday, August 18, 2021   **Time**: 12-3:30 pm
Location: Online via Zoom*

Registration is required for the training as availability is limited. Registration will close at 5:59am on Tuesday, August 17, 2021. Register using this link:

https://www.eventbrite.com/e/gray-matters-understanding-depression-anxiety-in-older-adults-tickets-156944219385

*Zoom meeting link will be sent to the email used when registering and will be sent the day prior to the event.**

Gray Matters: Depression in Older Adults	Gray Matters: Understanding Anxiety in Older Adults
Feelings of sadness, loneliness and grief are normal. However, when this sadness is intense, is felt for a long period of time, interferes with our ability to get along with others or to carry out the activities of everyday life…then it could be depression. NAMI Minnesota to talk about risk factors, warning signs, stigma, treatment, recovery, and resources for depression in older adults. Depression is not a normal part of aging.	NAMI Minnesota to talk about anxiety disorders in older adults. Topics include: • Understanding symptoms and risk factors of anxiety disorders in older adults • Learning the different types of anxiety disorders • Understanding treatment and management • Learning the warning signs of suicide • Learning about resources to support older adults living with anxiety

Please join us! This training is intended for those living with mental health issues, providers, family members, and community members who work in or are residents of Benton, Sherburne, Stearns, or Wright County.

A Certificate of Attendance will be provided for CEUs through the MN Board of Social Work

Training is brought to you by:

Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.