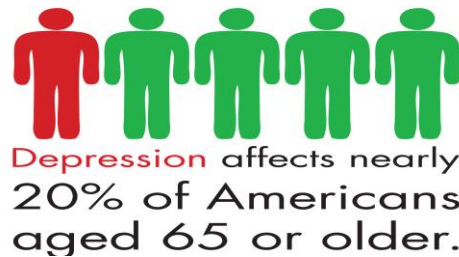


Recognize that Mental Health is Part of Overall Health for the Old as well as the Young

https://www.cdc.gov/aging/pdf/mental_health.pdf.

May is a special month. Mother's Day occurs in May as does Memorial Day. May is also a day in which health organizations recognize mental health and senior citizens. When we think of mental health, we should be mindful that it is an important part of our overall health. According to the World Health Organization's definition of health, it [health] is defined as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity"
https://www.cdc.gov/aging/pdf/mental_health.pdf.



According to the mental health association, Mental Health America (MHA), an estimated 20% of people age 55 years or older experience some type of mental health concern. The most common conditions include anxiety, severe cognitive impairment, bipolar disorder, depression and other mood disorders.



The United States Centers for Disease Control and Prevention sees mental health as essential to overall health and well-being; it [mental health] must be recognized and treated in all Americans, including older adults, with the same urgency as physical health. For this reason, mental health is becoming an increasingly important part of the public health mission. In fact, the mental health of older Americans had been identified as a priority by the Healthy People 2010 objectives (2), the 2005 White House Conference on Aging (3), and the 1999 Surgeon General's report on mental health



Findings from MHA show that depression affects more than 19 million Americans every year, regardless of age, race, or gender. While depression is not a normal part of the aging process, there is a strong likelihood of it occurring when other physical health conditions are present. For example, nearly a quarter of the 600,000 people who experience a stroke in a given year experience clinical depression. Unfortunately, symptoms of depression are often overlooked and untreated when they coincide with other medical illnesses or life events that commonly occur as people age (e.g., loss of loved ones).

<https://www.mentalhealthamerica.net/conditions/depression-older-adults-more-facts>;
https://www.cdc.gov/aging/pdf/mental_health.pdf).

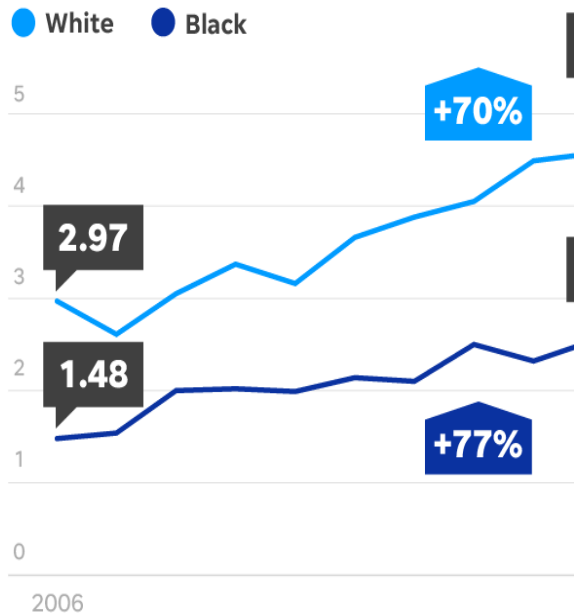
particularly mental health and suicide among youth. Call the church for more information 202-789-0640.

Tragically, mental illness is often implicated as a factor in cases of suicide. Older men have the highest suicide rate of any age group. Men aged 85 years or older have a suicide rate of 45.23 per 100,000, compared to an overall rate of 11.01 per 100,000 for all ages.

Mental illness and thoughts of suicide are not only for the old, new evidence shows that youth, particular young African Americans are committing suicide.

Teen suicide is soaring. The biggest rate increase was among black youth

Suicides per 100,000 10-to-17 year-olds from 2006 to 2016:



SOURCE Centers for Disease Control and Prevention
Karl Gelles/USA TODAY

Join the Mount Airy Baptist Church in May 18th for our session on mental health,