



LARIMER  
COUNTY

OCTOBER 2022

# HEALTH UPDATE

Start a Conversation About Mental Health

## MENTAL HEALTH AT EVERY AGE



Maintain your mental health to help support your total wellbeing at each stage of life.

Utilize the tips below to care for your and your family's mental and emotional health.



### PRIORITIZE YOUR PHYSICAL HEALTH

Maintaining your physical health can relieve tension, anxiety, and depression. Practice healthy habits such as eating a balanced diet, limiting your alcohol and caffeine intake, and exercising for at least 20 minutes a day. Taking care of your physical health can help lessen symptoms of mental illness, reduce stress, and support your overall long-term mental health.



### TALK TO YOUR FAMILY ABOUT MENTAL HEALTH

Nearly 25% of children between the ages of 13–18 have an anxiety disorder. Research shows that regularly asking loved ones—especially children—questions about how they are feeling, reassuring them that you care about their wellbeing, and offering to help with everyday tasks can lead to open and honest conversations about mental health and relieve stress for both parties.



### SOURCE ADDITIONAL SUPPORT

Identify your ideal mental health state and partner with your primary care physician (PCP) to support that goal. At your next annual exam, let your PCP know how you're feeling and ask for recommendations to support your mental health with coordinated care such as virtual counseling or self-care apps. Your needs can change as you age—track your symptoms and reassess your care plan with your PCP every year.

Help is always available when you need it. Call or text 988 for immediate emotional support through the Suicide and Crisis Lifeline. Or, visit [988lifeline.org/chat/](https://988lifeline.org/chat/) to connect with a trained crisis counselor.