

## Plain text version - Mental Health Infographic

(This version captures the essential information and provides accessibility for those who may require text instead of visuals.)

### Common Signs to Look Out For

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1. Feeling tired all the time or having low energy.
2. Difficulty paying attention or remembering things.
3. Sleep changes: Sleeping too much, having difficulty going to sleep, difficulty staying asleep.
4. Experiencing thoughts of self-harm.
5. Long periods of feeling sad.
6. About 1 in 5 older adults in the U.S. who have Medicare have difficulties with maintaining their moods, feeling stressed or anxious, and feeling imbalanced in their lives.
7. Ruminating or thinking about the same thing all the time.
8. Loss of interest in joyful and meaningful activities.
9. Overeating or skipping meals because of low mood.
10. Bodily aches and pains with no physical cause.

Visual description : Beneath the text, there is an image of an elderly woman being supportively held by two younger women, one on each side. This image symbolizes care and solidarity.

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### References & Acknowledgements

1. Gunja et al. (2022). [DOI link provided in original source]
2. Moon, A., & Cho, I. (2012). *Psychology of Asian American older adults: Status, challenges, and strengths*. In E. C. Chang & C. A. Downey (Eds.), *Handbook of Race and Development in Mental Health* (pp. 189–206). Springer Science + Business Media. [https://doi.org/10.1007/978-1-4614-0424-8\\_11](https://doi.org/10.1007/978-1-4614-0424-8_11)
3. "Older Adults and Mental Health." Harvey A. Friedman Center for Aging. Published June 2023.

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