

Do you ever feel sad or blue  
for days at a time?

Have you lost interest in a  
favorite hobby or spending time  
with friends?

Do you experience sleep  
problems, either insomnia or  
sleeping too much?

Have you noticed changes in your  
appetite or weight?

Do you frequently worry?

Do you have trouble  
concentrating?



## *About the Center for Life Management*

The Center for Life Management is a non-profit, charitable organization that has been serving the community for over forty years. Our mission is to promote and advance the mental health and emotional well-being of the individuals, families and organizations within our community.

We accomplish this through professional, individualized, comprehensive services and by partnering with other organizations that share our philosophy.



### *Main Office*

10 Tsienneto Road, Derry, NH 03038  
**603.434.1577**

### *Salem Branch*

44 Stiles Road, Salem, NH 03079  
**603.893.3548**

### *Emergency Services*

Business Hours: **603.434.1577**

After Hours: **603.432.2253**

[www.CenterForLifeManagement.org](http://www.CenterForLifeManagement.org)



# Caring for the Emotional Well-being of Seniors



# Taking Care of Your Emotional Well-being

*The senior years can be a time in our lives when we face many physical as well as emotional changes.*

*While physical health and medical needs are often of first concern, the importance of our emotional well-being can be overlooked or underestimated.*

*In particular, seniors may accept emotions such as feeling blue or lonely, constant worry, lack of interest in favorite hobbies, irritability, lack of concentration and other emotional changes as a "natural" part of growing older. In fact, such changes in mood may indicate underlying emotional concerns that, left unchecked, can diminish well-being and limit enjoyment of life.*

## About Senior Services at CLM

Our Senior Services staff at the Center for Life Management are experienced and trained to provide guidance and insight regarding the emotional concerns of older adults.

Our services are provided at an outpatient office, much like your medical doctor's office. We can assist seniors, family members and family caregivers in coping with a variety of emotional health issues such as depression, coping with loss, anxiety and stress related disorders, coping with the demands of caring for an aging relative or spouse, as well as emotional issues that may accompany medical conditions such as heart disease, diabetes and cancer.

Our staff can help seniors with all aspects of their emotional health care needs. The services we provide include:

- Counseling Services
- Medication Evaluation & Management
- Linkage to Helpful Community Resources
- Family Support and Education
- 24 Hour Emergency Services

*Our services are covered by Medicare and many health plans.*

## When to Turn to CLM for Help

Many older adults, who wouldn't hesitate to ask for assistance with a physical health problem, may feel embarrassed to seek help for an emotional concern. This does not need to be the case.

Caring for your emotional health is as important to overall well-being as maintaining sound physical health. Emotional health concerns are real and treatable conditions that do not have to limit your enjoyment of life. If you, or someone you love, is experiencing emotional difficulties, the most important thing you can do is seek help.

For more information or to schedule an appointment, call Senior Services at

**603.434.1577**

 **Center for Life Management**

