



# TRI-COUNTY OLDER ADULT SERVICES

Depression is a common and highly treatable condition.

People with depression don't just "snap out of it."

Before you say, "I'm fine ..." Ask yourself if you feel:

- nervous or "empty" ♦ guilty or worthless**
- very tired and slowed down**
- you don't enjoy things the way you used to**
- restless or irritable ♦ like no one loves you**
- like life is not worth living**

Or if you are: **Sleeping more or less than usual**

**Eating more or less than usual**

**Having persistent headaches, stomach aches  
or chronic pain ...**

*These may be symptoms of Depression,  
a treatable brain disease.*

Depression is not a sign of weakness or laziness.



**PLEASE CONTACT: 816-877-0453**

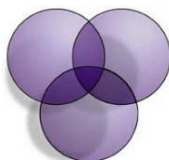
Sally King, LCSW, LSCSW

**Older Adult Care Coordinator**

Tri-County Mental Health Services

3100 NE 83rd St., Suite 1001

Kansas City, MO 64119



**TRI-COUNTY  
MENTAL HEALTH  
SERVICES, INC.**

**Free depression screening tool at:  
[www.tri-countymhs.org](http://www.tri-countymhs.org)**

## *Here are just some of the Older Adult Services Available!*

**Care coordination**—Free assistance offered to Northland older adults and their family members regarding mental health concerns, recommended next steps, and assistance helping older adults access other resources such as a friendly visitor program, transportation, meals on wheels, adopting a pet, etc. We also provide community or church education on the issue of older adult mental wellness and depression prevention..

**Assessment**—During the first visit, clients meet with a mental health professional to discuss the challenges they are facing. This can be done in-home, in office, or at a partnering agency location.

**Community support**—Services to help clients live independently such as housing, legal assistance, transportation and employment.

**Compulsive gambling**—Certified counselors offer comprehensive treatment and resources to help individuals recover from gambling addiction.

**Medication clinic**—Staff psychiatrists and nurses evaluate and monitor the effectiveness of medications prescribed for older adults.

**Outpatient services**—Individual and group therapy provided in-home or at convenient locations.

**Substance abuse treatment**—Comprehensive substance abuse services, including inpatient and outpatient treatment programs.

You can feel depression  
as aches and pains too.



After hours crisis line: 1-888-279-8188

TDD (hearing & speech impaired): 1-800-955-8339