



Older Adult Mental Health Resources

NCMHA is the leading voice for promoting mental and behavioral health of older Americans. National organizations and state and local mental health and aging coalitions interested in membership should email: awatt@apa.org. More information available at: www.ncmha.org/

Anxiety

- [Anxiety in Older Adults](#) (Mental Health America, MHA)
- [Anxiety and Older Adults: Overcoming Fear and Worry](#) (Geriatric Mental Health Foundation)
- [Coping with Stress and Anxiety](#) (American Psychological Association, APA)

Cognitive Aging

- [Cognitive Aging: Progress in Understanding and Opportunities for Action](#) (NASEM)
- [Cognitive Aging](#) (APA)
- [Cognitive Health Resources](#) (NIA)
- [Healthy Brain Initiative](#) (CDC)

Diversity

- [Language Guidelines](#) (National Association of State Mental Health Program Directors, NASMHPD Older Persons Division)
- [LGBT Older Adults and Health Disparities](#) (SAGE)
- [Multicultural Aging](#) (APA)
- [National Resource Center on LGBT Aging](#)
- [Standards and Indicators for Cultural Competence in Social Work Practice](#) (National Association of Social Workers, NASW)
- [What to Know](#) (Diverse Elders Coalition)

Dementia

- [Alzheimer's Disease and Related Dementias](#) (NIA)
- [Alzheimer's Disease Facts and Figures](#) (Alzheimer's Association)
- [National Alzheimer's Project Act](#) (NAPA)
- [National Alzheimer's and Dementia Resource Center](#) (AoA/ACL)

Depression

- [Depression in Older Adults: More Facts](#) (Mental Health America)
- [Treatment of Depression in Older Adults Evidence-Based Practices Kit](#) (SAMHSA)

Elder Abuse

- [National Center on Elder Abuse](#)
- [Elder Abuse Facts](#) (National Council on Aging)
- [Elder Abuse and Neglect: In Search of Solutions](#) (APA)

Family Caregiving

- [Caregiver Briefcase for Professionals](#) (APA)
- [Circle of Care: A Guidebook for Mental Health Caregivers](#) (National Alliance for Caregiving, NAC)
- [Connecting with Caregivers](#) (APA)
- [Resources for Professionals](#) (NAC)
- [Standards for Social Work Practice with Family Caregivers of Older Adults](#) (NASW)
- [VA Caregiver Support](#) (U.S. Dept. of Veteran Affairs)

General Mental and Behavioral Health

- [Aging Well: Wellness and Psychosocial Treatment for the Emotional and Cognitive Challenges of Aging](#) (Mental Health America)
- [Good Mental Health is Ageless](#) (SAMHSA)
- [Meeting the Mental Health Challenges of the Elder-Boom](#) (Vibrant Health)
- [Mental Health First Aid: Older Adults](#) (National Council for Behavioral Health)
- [Older Americans Behavioral Health: Issue Brief Series](#) (NCOA)
- [Older Americans Behavioral Health: Webinar Series](#) (NCOA)
- [The State of Mental Health and Aging in America](#) (CDC)
- [What Mental Health Providers Should Know About Working with Older Adults](#) (APA)

Integrated Health Care

- [Older Adults](#) (SAMHSA-HRSA Center for Integrated Health Solutions)

Medicare

- [Medicare Coverage of Mental Health and Substance Abuse Services](#) (Center for Medicare Advocacy)
- [Medicare and Your Mental Health Benefits](#) (CMS)
- [Toolkit for Advocates of Dually Eligible Older Adults](#) (Eldercare Workforce Alliance)

Evidence-Based Practices/Model Programs

- [Behavioral Health Programs for Older Adults](#) (National Council on Aging)
- [Building Relationships Between Mental Health and Aging Services](#) (NASMHPD-webinar)
- [Caregiver Intervention Database](#) (Rosalynn Carter Institute for Caregiving)
- [Healthy IDEAS and PEARLS: evidence-based community programs for depression identification and management](#) (NCOA)
- [Improving the Health of Older Adults by Integrating Behavioral Health into Primary Care](#) (NASMHPD-webinar)
- [Evidence-Based Practices Resource Center](#) (SAMHSA)
- [Older Adults Peer Support: Finding a Source for Funding](#) (NASMHPD)

Serious Mental Illness

- [Aging Adults: Serious Mental Illness and Co-Occurring Disorders](#) (SAMHSA)

Substance Abuse

- [Get Connected! Toolkit: Linking Older Adults with Medication, Alcohol and Mental Health Resources](#) (SAMHSA, AoA, NCoA)
- [Older Americans Behavioral Health Issue Brief Series](#) (SAMHSA, AoA/ACL, NCoA)
- [Prevention and Management of Alcohol Problems in Older Adults](#) (NCoA)
- [Promoting Older Adult Health: Aging Network Partnerships to Address Medication, Alcohol and Mental Health Problems](#) (SAMHSA, AoA and NCOA)
- [The Opioid Public Health Emergency and Older Adults](#) (ACL)
- [Improving Opioid Misuse Prevention Literacy Between Older Adults and Health Care Providers](#) (SAMHSA)
- [Substance Abuse Among Older Adults: Treatment Improvement Protocol \(TIP\) Series 26 - other TIP sheets available](#) (SAMHSA)

Suicide Prevention

- [Issue Brief 4: Preventing Suicide in Older Adults](#) (NCOA)
- [Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers](#) (SAMHSA)
- [Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities](#) (SAMHSA)
- [Suicide Among Older Adults](#) (NASMHPD webinar)
- [Suicide Prevention in Later Life: Connecting and Contributing](#) (NASMHPD-webinar)
- [Weaving a Community Safety Net to Prevent Older Adult Suicide](#) (NASMHPD)

Trauma

- [Disaster Preparedness Guide for Elders](#) (Florida Dept of Elder Affairs)
- [Older Adults and Disasters: How to Be Prepared and Assist Others](#) (APA)
- [Psychosocial Issues for Older Adults in Disasters](#) (SAMHSA/CMHS Publication)
- [PTSD and Older Veterans](#) (VA National Center for PTSD)
- [Trauma, Hoarding, and Home Safety: Person-Centered, Trauma-Informed Interventions for Older Adults Webinar](#) (Jewish Federations of North America Center for Advancing Holocaust Survivor Care)
- [Outreach and Service Provision to Holocaust Survivors](#) (ACL/AoA)
- [Trauma-informed care with older adults](#) (University of Maine Center on Aging)
- [Trauma-informed Care in Behavioral Health Services – Treatment Improvement Protocol \(TIP 57\)](#) (DHS/SAMHSA/Center for Substance Abuse Treatment)
- [Trauma-Informed Organizational Change Manual](#) (University of Buffalo Center for Social Research)

Veterans

- [Community Providers Toolkit on Behavioral Health and Wellness](#) (VA Mental Health)
- [Military Culture: Core Competencies for Healthcare Professionals](#) (VA)
- [Post-Traumatic Stress Disorder \(PTSD\) Consultation Program](#) (VA)
- [Older Veteran Behavioral Health Resource Inventory](#) (VA)

Workforce

- [The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands](#) (NASEM)
- [The Impact of the Older Adult Mental Health Workforce Shortage on the Public Mental Health System](#) (NASMHPD)

Useful Information for State and Local Mental Health and Aging Coalitions

- [Regional Older Adults Behavioral Health Profiles](#)
- [Pennsylvania Older Adult Suicide Prevention Plan](#)

Other Resources

- [Benefits Check Up](#) (NCOA)
- [Eldercare Locator](#) (AoA/ACL)
- [National Long-Term Care Ombudsman Resource Center](#)