



Facts and Resources on Mental Health, Substance Use and Older Adults

Mental Health of Older Adults

Source: World Health Organization (WHO), December 12, 2017

<https://www.who.int/news-room/fact-sheets/detail/mental-health-of-older-adults>

Older Adults and Mental Health – Overview

Source: National Institute of Mental Health

<https://www.nimh.nih.gov/health/topics/older-adults-and-mental-health/index.shtml>

The State of Mental Health and Aging in America

Issue Brief #1 What do the data tell us?

Source: CDC, 2008

https://www.cdc.gov/aging/pdf/mental_health.pdf

Older Adults and Depression – Brochure and Fact Sheet

Source: National Institute of Mental Health

<https://www.nimh.nih.gov/health/publications/older-adults-and-depression/index.shtml>

Ten Facts about Mental Health and Aging

Source: Older Women's League

http://www.lifeseniorservices.org/seniorline/10_Facts_About_Mental_Health_and_Aging.asp

Older Adults and Suicide Prevention

Source: Suicide Prevention Resource Center

<https://www.sprc.org/populations/older-adults>

The Risks of Social Isolation

Source: American Psychological Association, May 2019

<https://www.apa.org/monitor/2019/05/ce-corner-isolation>

Substance Use in Older Adults – DrugFacts

Source: National Institute on Drug Abuse

<https://www.drugabuse.gov/publications/substance-use-in-older-adults-drugfacts>

Facts about Aging and Alcohol

Source: National Institute on Aging

<https://www.nia.nih.gov/health/facts-about-aging-and-alcohol>

Source: National Institute on Alcohol Abuse and Alcoholism

<https://www.niaaa.nih.gov/alcohols-effects-health/special-populations-co-occurring-disorders/older-adults>

Get Connected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health – 2019 Edition

Designed for organizations that provide services to older adults, this toolkit offers information and materials to help understanding the issues associated with substance misuse and mental illness in older adults. The toolkit also contains materials to educate older adults, including fact sheets, and screening tools.

Source: SAMHSA (Substance Abuse and Mental Health Services Administration) – 2019

<https://store.samhsa.gov/product/Get-Connected-Linking-Older-Adults-with-Resources-on-Medication-Alcohol-and-Mental-Health-2019-Edition/SMA03-3824>

Note: This Resource List was compiled by Mike O'Donnell, Operations Manager with the National Coalition on Mental Health and Aging on March 31, 2021 to help NCMHA members promote Older Adult Mental Health Awareness Day.

Email: mjodonnell66@gmail.com