

PROTECTING MENTAL HEALTH IN OLDER PEOPLE

Like all of us, older people are vulnerable to mental ill health, such as anxiety and depression. Maintaining physical health, social connection, and hobbies can contribute to more **positive mental health**.



Strong
social
connections



Peer
support




Volunteering



Maintaining
physical
health



Self-
advocacy




Having and
practising
a hobby



Community
participation



Cultural
involvements
and connections



Help-
seeking
behaviours



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