



SENIORAVENUE

WHERE YOUR HOME CARE NEEDS WILL BE ADDRESSED

MAY IS MENTAL HEALTH AWARENESS MONTH

Mental health is just as important as physical health, especially for older adults. At SeniorAvenue, we are proud to join the national conversation about mental well-being, encouraging everyone to prioritize emotional health and break the stigma around asking for support.

THIS MONTH'S THEME: "YOU ARE NOT ALONE"

THIS YEAR'S THEME REMINDS US THAT CONNECTION, SUPPORT, AND UNDERSTANDING ARE ESSENTIAL TO OUR OVERALL WELL-BEING. NO ONE SHOULD FACE MENTAL HEALTH CHALLENGES IN ISOLATION—TOGETHER, WE CAN FOSTER HOPE, RESILIENCE, AND HEALING.

TIPS FOR SUPPORTING MENTAL WELLNESS:

- * STAY SOCIALLY CONNECTED WITH FRIENDS AND FAMILY
- * KEEP A REGULAR ROUTINE AND SLEEP SCHEDULE
- * GET OUTDOORS FOR FRESH AIR AND LIGHT ACTIVITY
- * TALK TO SOMEONE YOU TRUST ABOUT HOW YOU'RE FEELING
- * SEEK PROFESSIONAL HELP WHEN NEEDED—IT'S A STRENGTH, NOT A WEAKNESS

CARING FOR THE WHOLE PERSON

SENIORAVENUE CAREGIVERS ARE TRAINED TO RECOGNIZE EMOTIONAL CHANGES AND OFFER COMPASSIONATE, HOLISTIC SUPPORT. WHETHER IT'S LENDING A LISTENING EAR OR ENCOURAGING HEALTHY HABITS, WE STRIVE TO UPLIFT OUR CLIENTS EVERY DAY.

FROM OUR COMMUNITY:

"MY CAREGIVER DOES MORE THAN HELP ME WITH TASKS—SHE LISTENS, SHE LAUGHS WITH ME, AND REMINDS ME THAT I'M NOT ALONE."

— A SENIORAVENUE CLIENT

LET'S START THE CONVERSATION

JOIN US IN SPREADING AWARENESS THIS MENTAL HEALTH MONTH:

- SHARE THIS NEWSLETTER WITH SOMEONE WHO MAY NEED IT
- REACH OUT TO A LOVED ONE AND CHECK IN
- JOIN A LOCAL SUPPORT GROUP OR WELLNESS EVENT
- LET'S CREATE A WORLD WHERE EVERYONE FEELS SEEN, HEARD, AND SUPPORTED.