

Occupational Therapy

Occupational Therapy can provide individualised support to help you find the right balance between activity and well-being. There is significant evidence to demonstrate that being able to engage in a balance of activities meaningful to us maintains our health and wellbeing regardless of age.

Medication

There are times when simple measures and interventions are not enough to manage the symptoms. Your GP may suggest that you consider medication such as antidepressants.

Some people have concerns about taking tablets for mood problems, such as:

- **I may become addicted to the tablets**

Current antidepressants are not addictive. It is sometimes necessary, however, to gradually wean a person off one tablet if stopping or changing the treatment.

- **The medication will 'change' me from normal.**

In most cases the medications produce a subtle effect, which does not feel much different from the person's 'normal' way of being.

Making positive changes to your life or accessing further sources of support has been proven to help people live a happier and more fulfilled life in retirement and beyond.

Useful contacts:

Breathing Space Scotland - 0800 838587

Confidential advice and support for mental health problems. Lines are open from 6pm to 2am Monday to Thursday and 24 hours from 6pm Friday to 6am Monday.

The Samaritans - 08457 90 90 90 24 hour help and support is available through the Samaritans. Calls are charged at local rates. Text message support also available on: 07725 90 90 90

The Silverline - 0800 4 70 80 90

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Further self-help information is available online at www.moodjuice.scot.nhs.uk

This information leaflet is available, on request in other formats by telephoning (01387) 244495

Produced: March 2017

Review: March 2019

With grateful appreciation to the Seniors Together project from South Lanarkshire and members of Coronation Day Centre, Stranraer for their assistance in producing this leaflet.



Beating the Lows in Later Life

Support Services in Dumfries and Galloway



Depression and anxiety are not a normal part of growing older

When to consider professional help for depression or anxiety

Prevention is always better than cure, however there are times when further support is necessary.

Signs and symptoms of significant problems that you should discuss with your GP include:

- Feeling sad or tearful all the time
- Feeling hopeless about the future
- Having thoughts about harming yourself
- Loss of interest in pleasurable activities
- Avoidance of friends or family
- Experiencing thoughts that you are unable to get out of your head
- Feeling panicked on a regular basis
- Worry that has become overwhelming
- Experiencing difficulties with loneliness and/or social isolation that are having a significant impact on your well being



What help is available locally?

Healthy Connections/Community Link

Through the support of a designated Link Worker we will work with you to identify what matters to you and assist you in accessing local groups, support agencies and allow you time to focus on your current situation and make plans for your future.

Guided self-help

Self-help workers are employed through psychological services and can provide up to three sessions often held at your own GP practice. This service is specifically for people who have recently been experiencing mild difficulties such as low mood, worry or panic.

Psychology service for Older Adults (Over 65)

Individual therapy for issues such as depression, anxiety, complicated bereavement, phobias, significant worry and panic. Waiting lists are low and, at present, most patients need only wait a few weeks for an appointment.

Community Mental Health Nursing Team (CMHNT)

This team provides services for those experiencing significant difficulty with their mental health and well-being. The team consists of a Psychiatrist, Community Mental Health Nurses, Occupational Therapists and a Psychologist.

