

# Beating the Lows

## in Later Life

Around 1 in 4 people over the age of 65  
suffers from depression and/or anxiety

Increasing social and physical activity  
can reduce the risk of developing mood  
problems in later life.

If you are struggling with your mood  
and well being, speak to your GP about  
accessing further sources of support.



dghealth  
and  
wellbeing



DUMFRIES AND GALLOWAY  
Health and Social Care



Depression and anxiety are not a normal part of growing older