

CHAMPIONING HEALTH, TOGETHER

May is Older Americans Month, and this year's theme, Champion Your Health, calls on all of us to take an active role in our well-being. Many older adults find themselves navigating day-to-day challenges, stressors, and even overwhelming moments. Loss, isolation, illness, grief, depression, worries, and shifting routines can take a toll on our physical health. For some, the hardest part is admitting that the weight has become too much to bear.

May is also Mental Health Awareness Month, a reminder that emotional well-being is inseparable from overall health. At NYC Aging, we support mental health through the Geriatric Mental Health Initiative, which places licensed clinicians in older adult centers across all five boroughs, making mental health care directly available within the communities where New Yorkers over 60 already gather and connect.

These mental health professionals provide screenings to identify needs and offer evidence-based counseling. Services may



include individual, group, family, or couples counseling, depending on a person's needs. They also lead engagement activities that raise awareness, reduce stigma, and connect people to additional resources.

Therapy is available in-person, virtually, or by phone. One does not need to be a member of an older adult center to access our services. Our clinicians reflect the communities they serve and provide services in multiple languages, including English, Cantonese, Mandarin, Italian, Russian, Ukrainian, and Spanish, so that every older adult can access

care in their native language. If you are 60 or older, support is available to you.

Recognizing when to reach out for yourself or someone you care about is critically important. Signs that it may be helpful to speak with a professional include sadness, changes in eating or sleeping habits, loss of interest in daily activities, withdrawal from others, ongoing worry, or difficulty managing stress.

Championing your health starts with you. Check in with yourself. Check in with someone you care about. Start the conversation. This month, take the step. We will meet you there.

To learn more about the Geriatric Mental Health Initiative or to connect with support, call Aging Connect at 212-AGING-NYC (212-244-6469).



NYC Department for the Aging
Commissioner
Dr. Lisa Scott-McKenzie