



General Public Resources

General Mental Health Information

The *American Association for Geriatric Psychiatry* has toolkits in English and Spanish at <http://www.gmhfonline.org>. See “Consumer/Patient Information.”

The *American Psychological Association Office on Aging* has a variety of resources on its publications page, including Older Adults' Health and Age-Related Changes: Reality Versus Myth. See: <http://www.apa.org/pi/aging/publications.html>

The *Substance Abuse and Mental Health Services Administration* has a free, comprehensive toolkit of mental health resources for the aging called “Get Connected.” E-mail info@health.org or call 1-800-729-6686.

The *National Institute of Mental Health* has a publication on older adults and depression. Visit <http://www.nimh.nih.gov/health/publications/older-adults-listing.shtml>

The *National Mental Health Information Center* has a report on mentally healthy aging, overcoming stigma in older adults <http://mentalhealth.samhsa.gov/publications/allpubs/sma05-3988/>

Finding Local Treatment

Mental Health America provides referrals for local treatment at 1-800-969-6642

The *Geriatric Mental Health Foundation* has an online search engine to help patients find a psychiatrist in their area who specialize in helping older adults. Go to www.gmhfonline.org and see “Find a Geriatric Psychiatrist.”

The *National Association of Social Workers* (NASW) has a National Social Worker Finder which allows users to search for a social worker focusing on various age groups, and/or to search by specialty, e.g., aging, depression, grief/loss, and life transitions. See: www.helppro.com/aspdocs/naswbsearch1.asp.

The American Psychological Association has an online Psychologist Locator available at <http://locator.apa.org/>

How to Help Someone

The *Alzheimer's Association* has general information for patients and caregivers on symptoms, stages and treatment of Alzheimer's. Please see www.alz.org.

The *Geriatric Mental Health Foundation* offers extensive information for people caring for friends and family with Alzheimer's at <http://www.gmhfonline.org/gmhf/consumer/caregiving.html>