

Where can I get help?

If you would like to speak with someone privately and confidentially, call one of our program Counselors:

Phone: 781-599-0110

Toll free: 1-800-594-5164

TTY: 781-477-9632

Toll free TTY: 844-580-1926

E-mail: info@glss.net

Website: www.glss.net

Other resources:

Samaritans 24-Hour Telephone

Befriending Helpline:

617-247-0220 (Boston area)

1-877-870-4673 (toll free)

Executive Office of Aging & Independence

24-hour elder abuse hotline:

1-800-922-2275

For more information about aging services in Massachusetts, call 1-800-243-4636 or visit www.massoptions.org.

GLSS values diversity and provides services or employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability, religion, or gender.

Credits

The Mobile Mental Health Program was initiated and made possible through a combination of grants from the Commonwealth of Massachusetts and donations from private foundations and individuals.

Services available through GLSS:

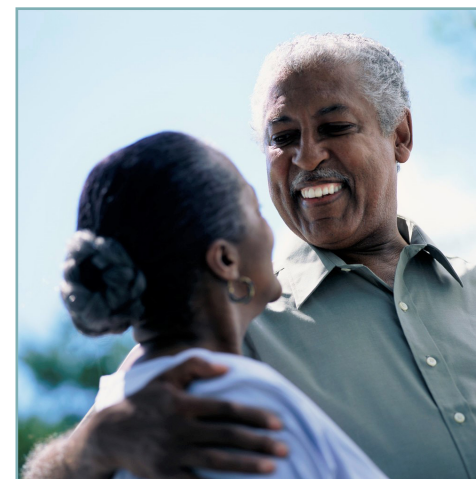
- **Information and referral.** With one phone call, you can find the answers to many questions.
- **Help in your home.** Help with personal care, chores, and more...to help you maintain your independence.
- **Meals.** Tasty, nutritious, affordable. Served at several “community cafés” or delivered to your home by Meals on Wheels.
- **Transportation.** We help you find and navigate the options in your community, so you can safely get to the places you need to go.
- **Counseling and support.** We’re here to lend an ear and offer some advice and support in a safe, judgment-free setting.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home to protect patients’ rights.
- **Healthy living programs.** We offer a variety of programs to help you feel better and stay connected.

One number for everything:

Call GLSS at 781-599-0110

We’ll listen. We’ll help.

Mobile Mental Health Program



Supportive counseling in your home

*Do you feel isolated and alone?
Are you overwhelmed by sadness
due to a significant loss? Do you
worry a lot or feel anxious about things
you cannot control? We can help.*

Serving Lynn, Lynnfield, Nahant, Saugus, and Swampscott



Depression and anxiety are common, treatable conditions that affect many adults dealing with the sometimes difficult changes and challenges that occur as part of aging. Our licensed counselors meet with you privately, confidentially, in your home, and help you develop a plan to feel better.

Aging is not always easy.

The things that sometimes happen as we get older—the loss of a spouse or child; changes in financial status or living situation; physical or other health challenges—can all affect your quality of life.

If you or someone you know is experiencing depression or feeling worried, anxious, or alone, our program can help. Our licensed counselors can speak with you privately, in your home, if you like, and provide one-on-one or family counseling and referrals to other programs and services that can improve your quality of life.

How do I know if I need help?

Some of the signs could include:

- Sadness
- Loss of interest in activities you used to enjoy
- Changes in weight
- Loss of energy
- Difficulty sleeping or oversleeping
- Using too much alcohol, drugs or medications
- Feelings of loneliness, isolation, or worthlessness
- Excessive worry, fear, or anxiety
- Thoughts of death or suicide.

What kinds of services do you provide?

Our program provides a range of helpful services to meet your individual needs:

- Supportive telephone calls
- One-on-one counseling in the privacy of your own home
- Family counseling
- Substance abuse counseling
- Support with hoarding and de-cluttering
- Multi-disciplinary assessment
- Referrals to services like homecare and to medical and other specialists.

Who is eligible?

Services are available to area residents age 60 and older who are currently experiencing depression, anxiety, other mental health or substance abuse issues. Our program serves seniors who are unable to get out and who are not currently in treatment with a therapist. We also offer substance abuse counseling, outreach, and group support to people age 50 and older.

You are not alone...

Over 20 million Americans experience depression during their lifetime. Among older adults, approximately 30 percent of the population currently lives with untreated mental health conditions.

How we help...

Several years ago, Jim, a younger, active senior, suffered a head injury. After a long recovery, he was unable to return to work, suffered debilitating headaches and memory loss, and had difficulty walking without assistance. He lost interest in things that he had previously enjoyed doing. Understandably, accepting these overwhelming changes in his life wasn't easy, and Jim became depressed, isolated, sad, and anxious.

With his family's encouragement, Jim agreed to meet weekly with a counselor from GLSS. Over time, his depressive symptoms improved, and he was able to increase his activity level, begin exercising, and develop skills to help him remember and keep track of the things that are important to him. He agreed to see a neurologist to explore possible treatments, and, last spring, even planted a garden.

Jim has also begun to accept invitations from friends to participate in various activities and is planning a trip to visit family next summer. Today, he is able to focus on his strengths and abilities, not his limitations.