

## Support within reach

### Mental health at different ages

Resources *for Living*



Mental health issues can impact people differently, depending on their stage of life. What may be a clear sign and symptom of a mental health concern for one person may not be so clear in someone of a different age.

This week's Mental Health Awareness Month resources can help you learn to recognize mental health concerns in yourself and others and increase your understanding of how mental health experiences can differ with age.

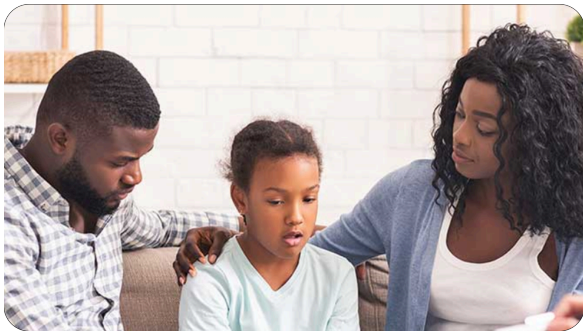


#### Featured resource

##### Emily's story matters: opening up about anxiety

Emily shares about experiencing social anxiety in middle school, but not realizing what it was until much later on.

[Listen to Emily's story](#)



#### Recognizing mental health concerns in children

Amy talks with Dr. Deborah Fernandez-Turner about ways to recognize the needs of your child and steps you can take to help.

[Listen](#)



#### Mental health and older adults

Staying connected helps our minds and bodies and can give our day a lift. Listen to this podcast to hear how one group of ladies found a way to be each other's support system and learn about the benefits they reap from it.

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