

# Understanding mental health and well-being in later life



## What is mental health?

- Mental health is our mind's well-being. It affects how we feel, act and think.<sup>1</sup>
- This includes our ability to handle stress, being able to work productively and feeling like we have strong relationships.<sup>2</sup>

## What is mental illness?

- Mental illnesses are health conditions that affect our emotions, thinking, behavior and our physical health.<sup>3</sup>
- You can have poor mental health without a mental illness, and you can have good mental health and still have a mental illness.<sup>4</sup>

## What is addiction?

Addiction is when someone is using a substance in a harmful way or has a behaviour they are unable to stop even though it has a negative impact on their life.<sup>5</sup>

## How can I stay well?<sup>6</sup>

- Stay active
- Connect with loved ones
- Challenge your brain
- Eat a well-balanced diet
- Create a routine for going to bed
- Focus on the positive

## Where can I get help?



Resources and support for mental health and addictions are available in your community.

For more information, connect with any of the following organizations:

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### ConnexOntario

Contact for 24/7, confidential and free information about mental health, addiction and problem gambling services throughout Ontario.

[www.connexontario.ca](http://www.connexontario.ca)

**1-866-531-2600**

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### Canadian Coalition for Seniors' Mental Health

[www.ccsmh.ca](http://www.ccsmh.ca) **289-846-5383**

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### Canadian Mental Health Association

<https://ontario.cmha.ca/>

**1-800-875-6213**

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### Centre for Addiction and Mental Health

[www.camh.ca](http://www.camh.ca) **1-800-463-2338**

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### Community Information Centres

[www.211Ontario.ca](http://www.211Ontario.ca) **Dial 211**

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### Mood Disorders Association of Ontario

[www.mooddorders.ca](http://www.mooddorders.ca)

**1-888-486-8236**

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### Senior Active Living Centres

<https://www.ontario.ca/page/find-seniors-active-living-centre-near-you>

**1-888-910-1999**

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## References

1. World Health Organization. (2004). *Promoting mental health: Summary report*. Available [https://www.who.int/mental\\_health/evidence/en/promoting\\_mhh.pdf](https://www.who.int/mental_health/evidence/en/promoting_mhh.pdf). Accessed February 10, 2020.
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3. Mental Health Commission of Canada. (2012). *Changing directions, changing lives: The mental health strategy for Canada*. Available: [https://www.mentalhealthcommission.ca/sites/default/files/MHStrategy\\_Strategy\\_ENG.pdf](https://www.mentalhealthcommission.ca/sites/default/files/MHStrategy_Strategy_ENG.pdf) Accessed February 10, 2020.
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5. Centre for Addiction and Mental Health. (2019). *Addiction*. Available: <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/addiction>. Accessed February 10, 2020.
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