

# Positive mental health in later life



### What is mental health promotion?

Mental health promotion is about having the right tools, support and surroundings to give you the opportunity to lead a healthy life.<sup>1</sup>

It focuses on:

- building skills to bounce back from hard times
- doing things to strengthen your mental health, such as going on walks and connecting with friends
- doing less of the things in our life that hurt our mental health, such as isolating ourselves from loved ones
- making sure that all people are treated fairly, no matter their age, gender or race.<sup>2,3</sup>

### How can I improve my mental health?<sup>4</sup>

- Stay active by moving more and sitting less
- Get involved in your community by joining activities, clubs or events
- Learn something new and keep challenging your brain
- Think positively and practice gratitude
- Practise mindfulness and build good sleeping habits

# 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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**Canadian Coalition for Seniors' Mental Health** [www.ccsmh.ca](http://www.ccsmh.ca) **289-846-5383**

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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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**Canadian Mental Health Association** <https://ontario.cmha.ca/>  
**1-800-875-6213**

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## Resources

Physical activity tips for older adults, Government of Canada <https://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-older-adults-65-years-older.html>

Fountain of Health™ <https://fountainofhealth.ca/>

Mental health self-check. Take 15 minutes to check your mental health. <http://womensmentalhealthselfcheck.ca/en/self-check.html>

## References

1. World Health Organization. (2017). *Mental health of older adults*. Available: <https://www.who.int/news-room/fact-sheets/detail/mental-health-of-older-adults>. Accessed February 7, 2020.
2. Centre for Addiction and Mental Health (2010). *Best practice guidelines for mental health promotion programs: Older Adults 55+*. Available: <https://www.porticonetwork.ca/documents/81358/128451/Older+Adults+55%2B/d27d7310-ba6c-4fe8-91d1-1d9e60c9ce72> Accessed February 7, 2020.
3. Canadian Mental Health Association. (2008). *Mental health promotion in Ontario: A call to action*. Available: <http://ontario.cmha.ca/documents/mental-health-promotion-in-ontario-a-call-to-action/> Accessed February 7, 2020.
4. Fountain of Health. (2019). *Wellbeing: The Fountain of Health™: 5 things you can do*. Available: <https://fountainofhealth.ca/wellbeing>. Accessed February 7, 2020.

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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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**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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