

SENIOR MENTAL WELLNESS

BeyondmaturityBlues

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GRIEF AND LOSS: Common Myths

1. Grief and mourning the same experience
2. Grief is predictable and stage-like progression
3. Following a loss the goal is to get over it

“Five Stages of Grief” by Dr Elizabeth Kubler-Ross

1. Shock and Denial
2. Anger
3. Depression and Detachment
4. Dialogue and Bargaining
5. Acceptance

DEPRESSION IS NOT A
NORMAL PART OF
AGEING





BeyondmaturityBlues



“The major goal is to deliver information sessions to older people about depression with in the established community networks”

KEYMESSAGES

- Depression not normal part of ageing
- Depression is a health problem NOT a weakness
- Depression is a treatable illness
- Information and support available

The Power of Peer Education

- Trained committed volunteer Peer Educators
- No Counselling but experience sharing
- Not a lecture but a ‘talk with you’
- Ready to listen
- Comfortable and secure environment
- Matched with specific target groups
- State -wide session to 1000’s of Tasmanians’
- Coordinated by COTA (Tas)

Helplines & Information

- LIFE LINE 13 11 14
- BEYONDBLUE 1300 22 46 36
www.beyondblue.org.au
- MENTAL HEALTH SERVICES TASMANIA 1800 332 388

- Peer educators “**BeyondmaturityBlues**”
information sessions bookings :
Council on the Ageing (Tas) Inc COTA
(Tas)
6228 1897 (see brochures)