



Baycrest

SENIORS AND MENTAL HEALTH

Learn more at:
www.baycrest.org/mentalhealth

A resource for seniors,
families and caregivers.

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Baycrest is an academic
health sciences centre fully
affiliated with the
University of Toronto.

- Educational materials for seniors, families and caregivers
- Videos by experts in seniors' mental health
- Information about the causes, signs, and symptoms of common mental health disorders in late-life
- In-depth information about treatment choices
- Stories from patients who've recovered from mental health challenges in late-life
- Depression self-check