

# WELLNESS IN *aging*



**Fuel your body.** Be sure to enjoy mostly positive fuel such as nutritious foods and lots of water. Limit toxins such as added sugars or alcohol.



**Check your medicine.** Make sure your medications are working for you and not against you. Schedule a phone call or videochat with a provider you trust to evaluate their compatibility. Speak up if you haven't felt like yourself.



**Get moving.** Our mental health and physical health are not separate. Movement is one of the best things we can do for our health. Seek out social distancing activities such as baking, walking, gardening, or knitting.



**Volunteer your time.** Helping others gives us a sense of purpose and combats feelings of isolation. Mental Health Colorado is making phone calls to those who are feeling stressed or isolated. To volunteer, just email [info@mentalhealthcolorado.org](mailto:info@mentalhealthcolorado.org).

**Cultivate relationships.** Have a diverse portfolio of friends of different ages and multiple perspectives. Be a support for somebody who needs you. Additionally, get outside and cultivate a relationship with the natural world and the progression of the seasons.



**Take a screening.** If you're concerned about your mental health, take a free, confidential screening at [mentalhealthcolorado.org/screenings](https://mentalhealthcolorado.org/screenings)



If you need immediate help or just have questions, please call the Colorado Crisis Services at 1-844-493-8255 for free, confidential support available 24/7.



# JOIN THE BRAIN WAVE

The Brain Wave is Mental Health Colorado's statewide network of advocates. Our Brain Wave plays an essential role in promoting mental wellness across the lifespan for all Coloradans. Brain Wave members help dismantle the barriers to care that Coloradans face by sharing lived experience with lawmakers, the media, and community partners. As a Brain Wave member, your voice shapes public policy and public opinion.

Join today at  
[mentalhealthcolorado.org/jointhewave](https://mentalhealthcolorado.org/jointhewave)

## Other Resources

- **Help paying bills**
  - [BenefitsCheckUp](#)
- **Medicare**
  - [Senior Medicare Patrol](#)
  - [State Health Insurance Assistance Program](#)
  - [Medicare.gov](#)
- **Nutrition**
  - [Feeding America](#)
  - [Meals on Wheels](#)
- **Transportation**
  - [Eldercare Locator](#)

For more free resources, visit [mentalhealthcolorado.org/free-resources/](https://mentalhealthcolorado.org/free-resources/)