

Support within reach

Mental health at different ages

Resources for Living®



Mental health issues can impact people differently, depending on their stage of life. What may be a clear sign and symptom of a mental health concern for one person may not be so clear in someone of a different age.

This week's Mental Health Awareness Month resources can help you learn to recognize mental health concerns in yourself and others and increase your understanding of how mental health experiences can differ with age.



Featured resource

Emily's story matters: opening up about anxiety

Emily shares about experiencing social anxiety in middle school, but not realizing what it was until much later on.

[Listen to Emily's story](#)



Recognizing mental health concerns in children

Amy talks with Dr. Deborah Fernandez-Turner about ways to recognize the needs of your child and steps you can take to help.

[Listen](#)



Mental health and older adults

Staying connected helps our minds and bodies and can give our day a lift. Listen to this podcast to hear how one group of ladies found a way to be each other's support system and learn about the benefits they reap from it.

[Listen](#)

We're here for you and your household members 24/7.
Visit us online or call anytime.

Resources
for Living®

This mailbox is unmonitored. Please do not reply to this e-mail.

This e-mail was brought to you by Resources For Living. You are receiving this because you have elected to communicate with Resources For Living through email. If you no longer wish to receive these particular messages via email, you may [unsubscribe](#) at any time.

Knox Keene Non-Discrimination policy

Resources for Living complies with applicable Federal civil rights laws and does not unlawfully discriminate, exclude or treat people differently based on their race, color, national origin, sex, age, or disability. We provide free aids/services to people with disabilities and to people who need language assistance. If you need a qualified interpreter, written information in other formats, translation, or other services, call Resources for Living or the number on your ID card. If you believe we have failed to provide these services or otherwise discriminated based on a protected class noted above, you can also file a grievance with the Civil Rights Coordinator [here](#).

©2025 Resources for Living
4262854-58-01-RFL (05/25)

RFL-COM-Dist