

# ELDER MENTAL HEALTH OUTREACH TEAM (EMHOT)

**Are you, or do you know, an older adult experiencing symptoms of untreated anxiety, depression, and/or memory loss?**

It is estimated that one in four individuals over the age of 65 have a mental health condition, such as depression or anxiety.

Individuals with memory impairments and dementias may be undiagnosed, later resulting in the need for urgent or crisis care.

**Do you or someone you know experience social isolation and feelings of loneliness?**

Older adults living alone the community often face barriers to getting help including limited access to transportation, financial burdens, and numerous chronic medical conditions.

**Let WestMass ElderCare's Elder Mental Health Outreach Team (EMHOT) help!**

We can assist older adults in securing needed treatment, either by providing counseling and psychiatric evaluation, or by connecting individuals and their loved ones to the help they need in the community.

These services may be provided at your local Senior Centers or coordinated by WMEC. Transportation may be available at low or no cost or home visits may be offered for those who are home-bound.



**Don't wait. Get help today** by contacting WestMass ElderCare, or your local Senior Center.

**For referrals or more information:**  
**Phone:** 413-538-9020 TTY: 800-875-0287  
**Submit an online referral at:**  
[www.wmelder-care.org](http://www.wmelder-care.org)

**Email inquiry to:** [info@wmelder-care.org](mailto:info@wmelder-care.org)

