

# Mental Health Supports

## Comprehensive Services Addressing Your Whole Health



We understand that mental health is a critical component of our overall emotional, psychological, and physical well-being.





As we age, the losses we experience spanning social, identify, and physical aspects of our lives put us at higher risk for developing mental health issues. And yet, many older adults do not receive the treatment they need due to stigma of mental health and the frequent situation where signs of mental illnesses are looked and dismissed as normal symptoms of aging, such as slowing of thought, memory, and thinking, hearing loss, vision loss, and physical decline.

In addition to the emotional and psychological toll, untreated mental health issues such as depression can cause greater physical distress through increased inflammation and stress on the body. Untreated mental health issues can accelerate physical decline - especially for those who may have multiple chronic conditions.

Our team is ready to help you achieve your mental health goals through robust in-person and tele-therapy options.

## Strengthening our mental health is key to staying physically well

### *OUR SERVICES INCLUDE:*

-  Expert clinicians in variety of therapeutic modalities
-  Individual & Group Counseling
-  Marriage & Couples Counseling
-  Special Programs: Depression Reduction (PEARLS) & Mindfulness Series

 **TRAGER INSTITUTE**

Republic Bank Foundation  
**Optimal Aging Clinic**

204 E. Market St., Suite A, Louisville KY

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Call 502-588-4340 to or visit [www.tragerinstitute.org/mental-health-supports](http://www.tragerinstitute.org/mental-health-supports)

schedule your tele-therapy appointment at the Optimal Aging Clinic