

Are you interested in aging and mental health?

PARTICIPATE IN A 15-20 MINUTE ONLINE SURVEY TO HELP US EXPLORE A MODEL TO SUPPORT MENTAL HEALTH CONVERSATIONS



We are looking for the following people to participate:

- older adults (age 55+)
- family/friend caregivers to older adults
- health or social care providers working in home & community care



SCAN ME

Visit <https://tinyurl.com/2p84vw7y> to complete the survey OR contact Olinda Habib Perez, Project Lead at olinda.habibperez@uwaterloo.ca or 519-888-4567 ext 41363 to receive a mailed copy.

Survey participants can enter into a draw to win 1 of 10 \$50 CAD gift cards.



This work intends to co-design a process to support mental health conversations between health and social care providers and older adults in home and community care settings. The goal is to de-stigmatize aging and mental health and build resilience through better linkages to support, care and treatment options. This research is being led by Dr. Justine Giosa and researchers at the University of Waterloo, University of British Columbia, St. Francis Xavier University, Schlegel-UW Research Institute for Aging, and the SE Research Centre of SE Health. This study has been reviewed by and received ethics clearance through the University of Waterloo Research Ethics Board.