



Mental Wellness

SUPPORTING EMOTIONAL, PSYCHOLOGICAL, AND SPIRITUAL HEALTH. INCLUDES REDUCING STRESS, ACCESSING SUPPORT, AND BUILDING RESILIENCE.



Group Support & Activities



One-on-One Support & Capacity-Building



Peer Support

Why does mental wellness matter?

- 10–15% of older Canadians experience mild depressive symptoms and 7% experience depression.
- Mental illness contributes to higher health care use, including emergency visits, physician consultations, and hospitalizations.
- Community-based interventions can benefit seniors and caregivers by reducing symptoms of depression and anxiety, improving quality of life, and strengthening coping skills and resilience.

Healthy Aging Program Example

Agency: Beacon Community Services
Healthy Aging Program Stream: Social Prescribing

When Ivan was diagnosed with Alzheimer's, his partner Joyce felt overwhelmed. A Community Connector linked them to supports like: housekeeping, meal delivery, pharmacy services, counselling, and peer groups. With these resources, the couple has regained stability, resilience, and hope as they navigate the illness together.

Learn more about mental wellness on Healthy Aging CORE BC:

[Toolkit] [Behaviours in Dementia](#)

[Toolkit] [Rural Mental Wellness](#)

[Webinar Recording] [Grief and Bereavement Series](#)

[Learning Modules] [Dementia Resources for Eating, Activity, and Meaningful Inclusion \(DREAM\) Learning Modules](#)

[Resource] [Aging and Mental Health Policy Framework](#)

[Infographic] [The Treatment of Depression for Older Adults](#)

[Brochure] [Depression Brochure - Multiple Languages](#)

[Resource] [Let's Talk: Older Adults and Therapy](#)

[Recording] [Supporting Communities Together: Exploring Nav-CARE Volunteers and Community Connectors in Action](#)

[Report] [Learning & Impacts: Social Prescribing Programs](#)