



Age / Dementia Friendly Greater Fall River Coalition



Looking out for the Well-Being of Yourself and Others

Are you in pain? Do you feel depressed? Are you lonely?

Have you experienced a loss?

Do you know someone who is experiencing these challenges?

If you answered “yes” to any of these questions, please know that help is available.

Your emotional well-being is affected by your health. Taking care of your physical and mental health will help you feel better. Here are some ways to help you build strong relationships with family, friends, and others.

Get Involved

- Take a class or volunteer in your community
- Start a new hobby or take up an old one

Help Others

- Observe the emotional well-being of your peers
- Encourage those struggling to get involved in activities or seek out a mental health professional

Take Care of Yourself

- Stay active and exercise regularly
- Maintain a healthy diet

Reach Out

- Volunteer to help others
- Participate in community activities and communicate with family and friends (virtually or by phone)

If you or someone else needs support, please contact the Bristol Elder Services Information & Referral Department at (774) 627-1390; TTY: (508) 646-9704 or MassRelay 711

Email us at info@bristolelder.org or visit our website: www.bristolelder.org



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