

Insights on Aging

Anxiety and Depression Medications

COMMUNITY EDUCATION PROGRAM

Presenter

Crystal Home Health Care

It is a common assertion of mental health treatment providers that the best way to treat psychiatric issues is through a combination of "talk therapy" and psychotropic medications. Despite this, many adults are hesitant to take another medication unless it is very clear that the medication will be helpful. As well, often the treatment of depression and anxiety are viewed as less important to treat than physical illness for which oral medications are a standard treatment of choice. This presentation will look at the anticipated benefits of these medications and explain the scientific evidence for expectations of benefit. As with all medication, there are always potential risks and side effects and these will also be explained.

Date	Tuesday, August 13, 2019, 11 am–Noon
Location	CJE SeniorLife Lobby Level Conference Room 3003 West Touhy Avenue, Chicago
Cost	Free
Registration	Required By August 6 to Lauren Vourvoulias 773.508.1121 or lauren.vourvoulias@cje.net

CJE Counseling Services offers a full range of older adult behavioral health services. This includes individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support available in CJE offices or as home visits.

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Jewish values for positive aging



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THE CJE ADVANTAGE: Our many older adults, their families and caregivers can access CJE at different stages in their lives for a true continuum of care through life enrichment, supportive resources, healthcare, research and education.

CJE COUNSELING SERVICES | 3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife strives to enhance the lives of older adults regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity or national origin. CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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