

*Caring as One*

## Coping with Change

With age comes many physical and mental changes to our bodies. For some, dealing with these changes, in addition to losing lifelong companionship and personal independence, can cause depression, mood swings, confusion, withdrawal and even suicidal thoughts.

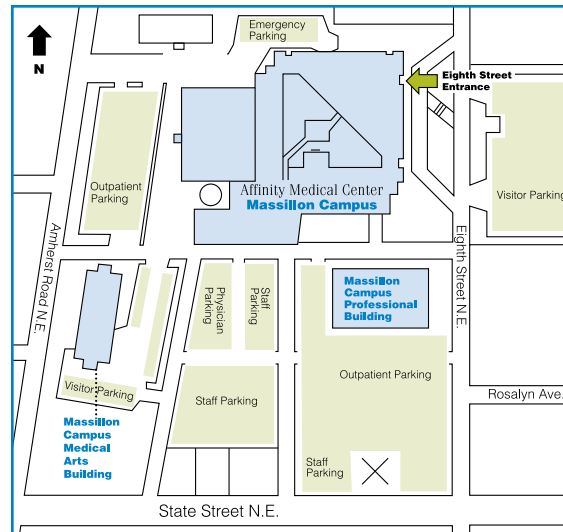
At the Senior Mental Health Unit, we offer comprehensive mental health services, specially designed to help seniors cope with the challenges of aging.

## How to Get Started

Referrals can come from private individuals, primary care physicians, nursing homes, assisted living facilities, group homes, case managers, family members or insurance companies.

To see if the Center for Behavioral Health is right for you, call **330-837-7290**.

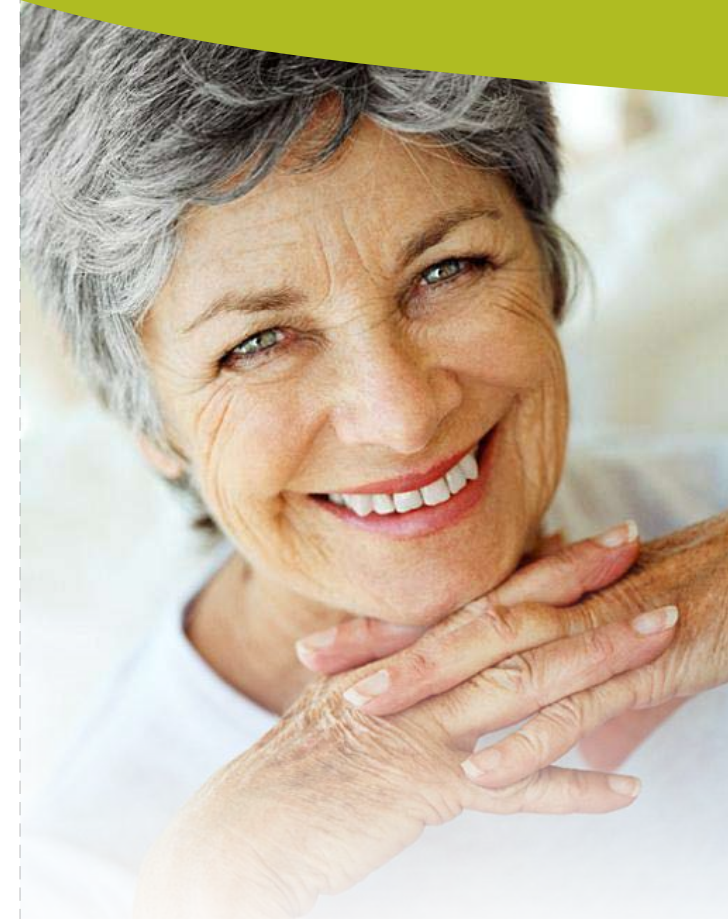
## Map of Massillon Campus



*Park in the Eighth Street parking lot at Hospital's main entrance. Go through the lobby and follow the hallway until it ends. Turn left and enter through the double doors.*

## Affinity Center for Behavioral Health

Senior Mental Health Unit



**Affinity Center for Behavioral Health  
Massillon Campus**  
875 Eighth St. N.E., Massillon, Ohio 44646  
330.837.7290 phone • 330-830-6922 fax  
[AffinityMedicalCenter.com](http://AffinityMedicalCenter.com)

07STP



*Caring as One*

**Massillon Campus**



## Senior Mental Health Unit

All too often mental health disorders among older adults are unrecognized, misdiagnosed, or masked by other symptoms. Our skilled team of caring professionals is dedicated to offering hope to those 55 years and older who are experiencing the symptoms of a mental health issue requiring further evaluation.

We focus on relieving symptoms, assessing an appropriate medication regimen, and developing coping skills to help our patients achieve the highest possible level of independence.

## Individualized Treatment

Upon admission to the inpatient Senior Mental Health Unit, each patient receives a physical and psychiatric evaluation. This allows us to determine the individual's specific needs. Based on this information, an individualized treatment plan is developed.

### **Treatment plans vary from patient to patient, but typically they include:**

- Relaxation Group
- Recreational Therapy
- Montessori Group
- Educational Group
- Life Skills Group
- Comprehensive discharge planning

## Center for Behavioral Health

When mental health disorders go undiagnosed or untreated, they drastically reduce an individual's quality of life. It doesn't have to be that way.

If you suspect that you or a loved one is suffering from a mental health disorder, call the Senior Mental Health Unit for assistance.

### **These symptoms may indicate a mental disorder:**

- Symptoms of clinical depression, including: constant feelings of hopelessness and sadness, sleeping too much or too little, loss of interest in favorite activities, and change in appetite or weight
- Suicidal or homicidal thoughts
- Psychotic, delusional or paranoid behavior
- Acute behavior change with psychiatric symptoms

**CALL 330-837-7290 or 1-888-523-8194  
24 hours a day/7 days a week**

