

***Empowering older adults
to thrive mentally!***

North Valley
HEALTH CENTER



***Senior Life
Solutions***[®]

For more information, education, or if you would like
to discuss support, contact us today at
(218) 745-3256.
northvalleyhealth.org

FREQUENTLY ASKED QUESTIONS

What is Senior Life Solutions?

Senior Life Solutions is an outpatient hospital program designed to support the mental health of older adults experiencing depression, anxiety, or other mental challenges often associated with aging. Our voluntary program includes individual and group therapy, psychiatry, medication management, and health screens.

Participants in the program attend group, individual, and family therapy sessions led by a licensed therapist. They also meet with a psychiatrist at least once a month.

Who could benefit from the program?

Older adults, typically 65+, who struggle with depression, anxiety, or other mental health challenges.

Senior Life Solutions can help older adults who are experiencing the following:

- loss of a loved one
- chronic health diagnosis
- change in living conditions
- suicidal thoughts
- frequent feelings of sadness, guilt, worry, or worthlessness
- change in energy level, sleep, and/or weight
- need for frequent visits to the emergency room or clinic
- feeling overwhelmed or stressed due to being a caregiver

How can the program help me?

Most participants experience a reduction in feelings of depression, anxiety, isolation and loneliness. They see improvements in their physical health and discover a renewed sense of purpose.

Benefits of the Senior Life Solutions program include:

- regular health screens (vital signs, sleep patterns, weight changes, mood, etc.)
- coping and communication skills
- medication management
- psychiatric treatment
- individual therapy
- group support

Who can recommend someone to the program?

Anyone can make a referral to our Senior Life Solutions program including clinicians, family, and friends. Participants can also self-refer. Just give us a call.

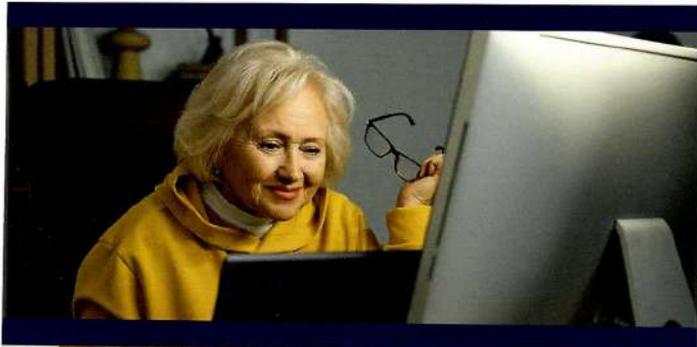
How can I get more information about the program for myself or someone I know?

We are always available to answer questions and can provide educational in-services and information to community members and clinicians.

Contact us for more information or to discuss mental health support for yourself or a loved one.

 (218) 745-3256

 northvalleyhealth.org



THERAPY YOUR WAY: In-person or virtual sessions available

Flexible mental health
treatment for older adults.

North Valley Health Center
109 S. Minnesota St
Warren, MN 56762
(218) 745-3256

COMPASSIONATE CARE, WHETHER YOU COME IN OR CONNECT FROM HOME

You choose! Attend group and individual therapy sessions:



using your phone or computer



in-person, at our facility

FLEXIBLE MENTAL HEALTH TREATMENT

Our therapy and psychiatric services are private, efficient, flexible, and designed to meet the unique needs of older adults.

We help older adults who are experiencing:

- anxiety
- depression
- care-giving fatigue
- trouble coping with a new or chronic health diagnosis
- difficulty with major life events / transitions
- guilt
- grief
- trauma

DEDICATED STAFF

Our program staff includes:

- board-certified psychiatrist
- licensed therapist
- registered nurse
- other trained professionals



We tailor treatment for each program participant.

GETTING STARTED

Our services include a confidential, comprehensive assessment, group, individual, and family therapy, medication management, and after-care planning.

Anyone can make a referral to our program including clinicians, family, and friends. Participants can also self-refer.

GOT QUESTIONS?

If you would like more information or want to discuss support for yourself, or a loved one, please call us at (218) 745-3256.

