THE CATALYST

Podcast: Mental Health in Senior Years

Dips in mental health are not just part of getting older. The Mental Health Commission of Canada's Denise Waligora explains how to best support seniors' whole health.

By: | Posted: November 30, 2020

Dips in mental health are not just part of getting older. The Mental Health Commission of Canada's Denise Waligora explains how to best support seniors' whole health. This podcast episode is in the English language only.

Mental Health Commission of Canada
https://mentalhealthcommission.ca/
350 Albert Street, Suite 1210 Ottawa ON K1R 1A4
Tel: 613.683.3755 | Fax: 613.798.2989
mhccinfo@mentalhealthcommission.ca