



*Dare to love
yourself as if you
were a rainbow with a
pot of gold at both ends.
Aberjhani*

Healthy IDEAS

Identifying
Depression
Empowering
Activities for
Seniors



encompass
— Community Supports —

Formerly Known As – Rappahannock-Rapidan Community Services

Healthy IDEAS: a no-cost, evidenced-based program designed to detect and reduce the severity of depressive symptoms in older adults.



Healthy IDEAS provides:

- Screening for symptoms and severity of depression
- Education about depression, effective treatment, and self-care
- Symptom management through engagement in meaningful activities and ongoing support
- Assistance with referral and linkage to primary and mental/behavioral health care providers, if needed

For More Information or Referral Assistance

Please contact your county's Support Coordinator at (540) 825-3100

Orange ~ ext. 3450

Madison ~ ext. 3471

Fauquier ~ ext. 3427

Culpeper ~ ext. 3467

Rappahannock ~ ext. 3416

or

Michelle Lindsey, Program Coordinator

Healthy IDEAS

(540) 881-0491

