



*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 Encompass Community Supports at (540) 825-3100

Orange ~ ext. 3450

Madison ~ ext. 3471

Fauquier ~ ext. 3410

Culpeper ~ ext. 3467

Rappahannock ~ ext. 3416

or

**Healthy IDEAS**

Program Coordinator

(540) 881-0491

