

### ***What is the Senior Advocacy Team (SAT)?***

SAT is open to anyone who is concerned about depression and related issues in older adults. SAT Members work together to:

- Increase public awareness of depression and other common problems among seniors
- Help older adults and caregivers access services
- Advocate on a local, state and national level to increase the availability and quality of mental health services available to older adults.

### ***How does SAT help people?***

Working with older adults, caregivers, families and friends...

- SAT "peer trainers" present at Senior Centers and other community forums about successful aging and mental health, how to identify depression and related problems, tips on working in partnership with providers, navigating the healthcare system and the importance of advocacy. If you'd like a *free presentation* at your facility, please contact us for information.
- Our website, [www.mhaging.org](http://www.mhaging.org), explains mental health in older adulthood, how to navigate the healthcare system, tips for ensuring you or your loved receive the most effective treatment, and provides an extensive list of mental health resources and advocacy groups in the Philadelphia Metropolitan area.
- SAT participates in public policy initiatives to develop more accessible and appropriate mental health services for older adults. Activities include letter and phone campaigns to lawmakers, marches and demonstrations on issues pertaining to mental health care and older adults, and meetings with public officials in Philadelphia and Harrisburg.

**Join us! *Membership is free.* Give as much or as little time and energy as you desire, and participate in the activities of interest to you.**

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