

*Serving Butler County*

# UPLIFT



**Telehealth  
Available!**



**Butler  
Behavioral  
Health**

Prevention. Healing. Wellbeing

***UPLIFT is an in home, community based program for older adults experiencing symptoms of anxiety, depression, or both.***

**UPLIFT is an evidence-based program designed for older adults (65+) experiencing symptoms of depression and anxiety. UPLIFT focuses on activity planning and development of problem solving skills to help improve overall mental health.**

Eight one-on-one sessions take place in the comfort of your own home over the course of 5-6 months.

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***This service is free for all seniors living in Butler County.***

**For more information,  
contact 513-896-7887  
or [uplift.butler@bbhs.org](mailto:uplift.butler@bbhs.org)**



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