



InnerWell is dedicated to providing timely and accessible behavioral health support to meet the needs of adults age 60 and older.

Our Behavioral Health support services are offered free of charge to eligible individuals, ensuring that financial constraints are never a barrier to receiving help. We can assist with connecting individuals to other providers for specialized needs covered by your insurance. We work closely with community providers to enhance collaboration and deliver comprehensive support.

Don't wait to take the first step toward a brighter future. Access Care Partners' InnerWell program is here to help you or your loved one address feelings of loneliness and isolation, overcome barriers to care, and find hope and healing. Let us guide you on the path to improved well-being today.

Ready to take the next step?

Our Community Resource Specialists and Options Counselors are here to assist!

Phone: **413-538-9020** TTY: **800-875-0287**

Email: **info@accesscarepartners.org**

Website: **www.accesscarepartners.org**



For more information about these and other programs and services, check out our website at www.accesscarepartners.org

Serving Holyoke, Chicopee, Ludlow, Granby, Ware, South Hadley, Belchertown and Hadley.

Access Care Partners is supported in part by Older Americans Act funding from the MA Executive Office of Aging & Independence, the Administration for Community Living and private funding sources.



formerly WestMass ElderCare

4 Valley Mill Road
Holyoke, MA 01040

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InnerWell Behavioral Health Services



formerly WestMass ElderCare



**Are you, or do you know, an older adult experiencing symptoms of untreated
ANXIETY, DEPRESSION, and/or MEMORY LOSS?
Let Access Care Partners' InnerWell Team Help!**

Understanding the Need

- 1 in 4 adults over 65 have a mental health condition, such as depression or anxiety.
- Individuals with memory impairments and dementia are often undiagnosed, leading to urgent or crisis care.
- Social isolation and loneliness impact many older adults, particularly those living alone.
- Barriers to getting help include:
 - Limited access to transportation
 - Financial burdens
 - Managing chronic medical conditions

InnerWell is here to bridge these gaps and provide much-needed support.

How InnerWell Can Help

The InnerWell team collaborates with older adults to create a plan that addresses behavioral health needs, offering services like:

- Counseling to manage depression, anxiety, or behavioral challenges.
- Resource Management to access food, medications, and public benefits.
- Family Support to enhance collaboration and care.
- Access to Therapy Services in your community.
- Referrals to specialized professionals for additional needed support.
- Medication Reconciliation and comprehensive behavioral health psychiatric assessments.

Making a Difference

InnerWell's Impact

- Reduces social isolation and improves quality of life.
- Coordinates medical care and reduces emergency room or hospital visits.
- Breaks down barriers to essential behavioral health supports.

Flexible Options for Care

- Services available at Senior Centers or other community locations.
- Home visits for those who are home-bound.
- Home Care assistance at discounted or no cost.
- Service Coordination for in-home Care.

Call Us Today!