

Parkinson's 101: Mental Health

Mental health symptoms are common in Parkinson's disease (PD). Learn the causes, signs and what to do. **You are not alone.**



Up to **50%** of people with PD experience depression or anxiety.

Understand the Causes

The same brain chemicals that affect movement in PD can also impact emotions and behavior. Stress, isolation, life's ups and downs and coping with PD also play a role.

Know the Signs

Feeling sad, anxious or unmotivated from time to time is normal. If these feelings last or interfere with daily life, reach out for help.

Depression, anxiety and apathy, if not managed, can worsen movement symptoms and impact quality of life.



DEPRESSION

Ongoing sadness, low energy, loss of pleasure, hopelessness



ANXIETY

Excessive worry, fear or stress, restlessness, irritability



APATHY

Lack of motivation, disinterest in activities once enjoyed

Call or text 988 if you're in crisis.

What You Can Do



Talk to your doctor

Mental wellness care often includes lifestyle strategies, talk therapy and other forms of support. Sometimes, medications are needed too.



Seek support

Reach out to friends, family, counselors, support groups and other resources. For guidance, contact our **Helpline at 1-800-4PD-INFO (1-800-473-4636).**



Keep moving

Even just 30 minutes of moderate activity, like walking or yoga, boosts brain chemicals that help reduce stress, anxiety and depression.



Stay engaged

Schedule time to connect with others and look for ways to get involved. Even when you don't feel like it, staying active can improve your mood over time.

For more tips to support your mental health, visit Parkinson.org/MentalHealth.