



Activity Points
COST

2

You try a new form of therapy hoping to stop your wandering thoughts.

When completed move back 1 on Severity Scale

-1

Treatment Info

Mindfulness based cognitive therapy (MBCT) MBCT helps people to stop their mind wandering off into thoughts about the future or the past, or trying to avoid unpleasant thoughts and feelings.



Activity Points
COST

2

You reach out to a friend and tell them how you have been feeling. They are understanding and want to help.

When completed move back 1 on Severity Scale

-1

Treatment Info

Family and friends can offer support, understanding and help. People with depression and anxiety often don't feel like socializing, but spending time alone can make a person feel cut off from the world, which makes it harder to recover. That's why it's important for them to take part in activities with family members and close friends.



Activity Points
COST

2

You have been referred to a psychologist to talk out your problems to someone without a biased opinion.

When completed move back 1 on Severity Scale

-1

Treatment Info

Psychologists are health professionals who provide psychological therapies (talking therapies) such as cognitive behavior therapy (CBT) and interpersonal therapy (IPT).



Activity Points
COST

3

Your doctor explains to you that your sessions are completely confidential and you feel much better.

When completed move back 2 on Severity Scale

-2

Treatment Info

All health professionals are legally required to keep anything you tell them a secret. This is called 'patient-doctor confidentiality' and means that anything said in your consultation is not repeated to others. Doctors can't tell your parents or the police about what you have told them, even if you've used alcohol or drugs, or had sex.

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