



Activity Points
COST



After three weeks you and your doctor decide to switch to another antidepressant. You will have to wait a few weeks for this to kick in.

When completed move
back 2 on Severity Scale

-2

Treatment Info

For mild to moderate depression, psychotherapy may be the best option. However, for severe depression or for certain people, psychotherapy may not be enough. For example, for teens, a combination of medication and psychotherapy may be the most effective approach to treating major depression and reducing the chances of it coming back.



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-2

Treatment Info

In addition, if one medication does not work, you should consider trying another. NIMH-funded research has shown that people who did not get well after taking a first medication increased their chances of beating the depression after they switched to a different medication or added another medication to their existing one.



Activity Points
COST



You do not want to tell your friends because you don't want to seem "less manly" but you do and your friend supports you.

When completed move
back 2 on Severity Scale

-2

Treatment Info

Men often experience depression differently than women. While women with depression are more likely to have feelings of sadness, worthlessness, and excessive guilt, men are more likely to be very tired, irritable, lose interest in once-pleasurable activities, and have difficulty sleeping.



Activity Points
COST



You forgot what it feels like to do things that you used to enjoy since becoming depressed. You decide to go to the movies with friends.

When completed move
back 3 on Severity Scale

-3

Treatment Info

Behavior therapy is a major component of cognitive behaviour therapy (CBT), but behaviour therapy focuses exclusively on increasing a person's level of activity and pleasure in their life. Instead it focuses on encouraging people to undertake activities that are rewarding, pleasant or give a sense of satisfaction.

TREATMENT



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