

Activity Points
COST

1

You went for a nice run today and feel better after.

When completed move
back 1 on Severity Scale

-1

Treatment Info

A 2005 study at the University of Texas Southwest Medical Center was the first study to look at exercise alone in treating mild to moderate depression in adults aged 20-45 showed that depressive symptoms were reduced almost 50 percent in individuals who participated in 30-minute aerobic exercises three to five times a week.



Activity Points
COST

1


You attended a support group and talked about how you feel.

When completed move
back 1 on Severity Scale

-1

Treatment Info

Mutual support groups for people with depression and anxiety are conducted by people who have experienced similar problems. These groups can provide an opportunity to connect with others, share experiences and find new ways to deal with difficulties.



Activity Points
COST

1


You think it is just you that feels sad and rundown, until you talk to a doctor and find out this feeling is normal and can be treated.

When completed move
back 1 on Severity Scale

-1

Treatment Info

Depression is more common among women than among men. Biological, life cycle, hormonal, and psychosocial factors that women experience may be linked to women's higher depression rate.



Activity Points
COST

2

A General Practitioner can be a great first step in getting help. They can help refer you to a mental health specialist such as a psychologist or psychiatrist.

When completed move
back 1 on Severity Scale

-1

Treatment Info

A General Practitioner (your regular doctor) can be a great first step in getting help. They can help refer you to a mental health specialist such as a psychologist or psychiatrist.



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 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.



Activity Points
COST

3


You have been referred to a psychiatrist in order to try and control your depression.

When completed move
back 2 on Severity Scale

-2

Treatment Info

A person usually sees a psychiatrist when the depression is severe or is not responding to treatment. Psychiatrists can make medical and psychiatric assessments, conduct medical tests, provide therapy and prescribe medication.



Activity Points
COST

3


Working on your anxiety your doctor recommends breaking up large projects into smaller tasks and do what you can.

When completed move
back 2 on Severity Scale

-2

Treatment Info

Depression may make you feel exhausted, helpless, and hopeless. But it is important to realize that these feelings are part of the depression and do not reflect your real circumstances.



Activity Points
COST

3

You work with your doctor to change negative or unhelpful thought patterns and reactions to a more realistic, positive and problem-solving approach.

When completed move
back 2 on Severity Scale

-2

Treatment Info

Cognitive-behavioral therapy (CBT) helps people with depression restructure negative thought patterns. Doing so helps people interpret their environment and interactions with others in a positive and realistic way.

