

Activity Points
COST

4


You tell your doctor that the antidepressants are not working. He recommends you try speaking with a therapist as well.

When completed move back 3 on Severity Scale

-3

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.



Activity Points
COST

4


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 3 on Severity Scale

-3

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

4

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 3 on Severity Scale

-3

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

5

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.



Activity Points
COST

5

You're nervous at first taking antidepressants but you know this will eventually help you feel less hopeless.

When completed move back 2 on Severity Scale

-2

Treatment Info

You will need to take regular doses of antidepressants for 4 to 6 weeks before you feel the full effect of these medicines. Some people need to take antidepressants for a short time. If your depression is long lasting or comes back again and again, you may need to take antidepressants longer.



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

3


You just had a hard break-up that has brought you down. This phase has lasted longer than you thought so friends urge you to seek help.

When completed move back 2 on Severity Scale

-2

Treatment Info

Interpersonal therapy (IPT) helps people understand and work through troubled relationships that may cause their depression or make it worse.



Activity Points
COST

5


Even with working with a therapist you have been experiencing suicidal thoughts. To feel better you have to tell your therapist what you have been feeling.

When completed move back 3 on Severity Scale

-3

Treatment Info


Discuss the suicidal or homicidal thoughts. Depression narrows one's focus; discussing options broadens it. Discussion allows for logical problem solving.



CHANCE

ROLL FOR NEW SEVERITY SCORE

Role for new Severity Score. TIMES 2 FOR RESULT ON DICE. Role of 3 = 6 on Severity Score.



CHANCE

DO NOT DRAW A SYMPTOM CARD

Use during any turn to avoid drawing a symptom card. Discard after use.

