



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.



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.

TREATMENT



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