



Activity Points
COST



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



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

When completed move
back 1 on Severity Scale

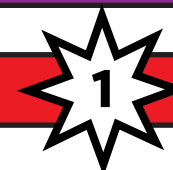
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Treatment Info

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



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



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.

TREATMENT



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