



Activity Points
COST



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*



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



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

*When completed move
back 3 on Severity Scale*



Treatment Info

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

