

# PDD

## ☁️ Severe PDD: Support & Healing Plan

### 🧠 Intensive Professional Treatment (Top Priority)

- Psychiatric care is crucial. Medication like SSRIs, SNRIs, or a combination of mood stabilizers might be necessary.
- Regular therapy sessions (at least once a week). CBT, DBT, or trauma-informed therapy works best with consistent care.
- Consider hospitalization or a day program if symptoms are dangerously impairing daily life or leading to suicidal thoughts.
- Don't wait — early intervention improves long-term outcomes

