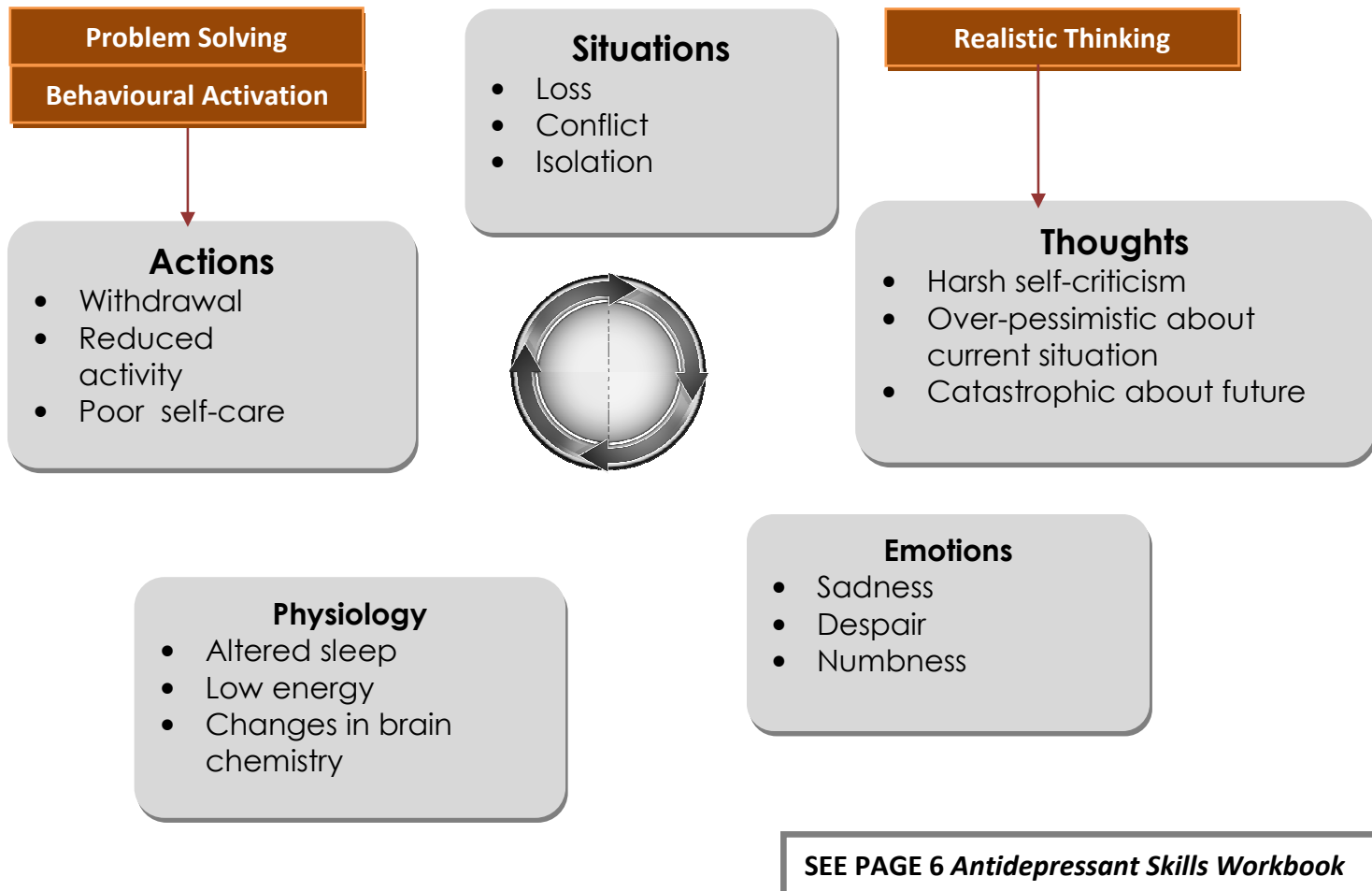


SUPPORTED SELF-MANAGEMENT FOR DEPRESSION

STEP ONE: PRESCRIBE THE *ANTIDEPRESSANT SKILLS WORKBOOK*



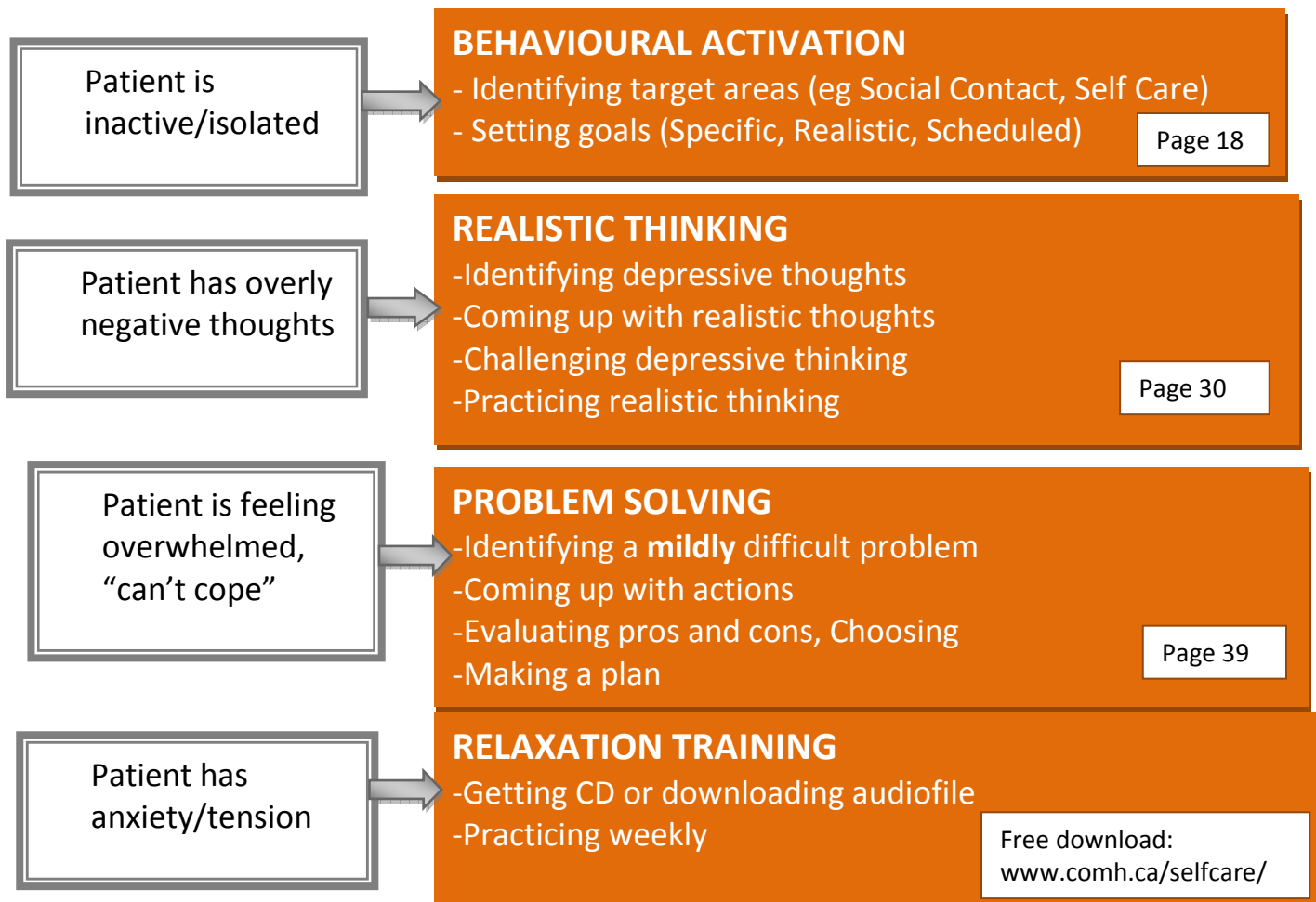
Key messages:

- We can work together to change how you feel
- Others have found these ideas very helpful
- You'll need to do some reading and practice
- I'm happy to work with you on this -- we'll set some regular visits to check how you're doing and work out problems

⇒ *Does this seem like something you'd like to try?*

SUPPORTED SELF-MANAGEMENT FOR DEPRESSION

STEP TWO: HELP THE PATIENT FIND A STARTING POINT



The Antidepressant Skills Workbook is available for free download at www.comh.ca/selfcare/. Also available at that website are: translations into French, Chinese and Punjabi; an audiobook version; versions for adolescents and the workplace; and other useful clinical tools.

REFERENCES:

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- Bilsker D, Anderson E. *Supported Self Management for depression in primary care*. In Psychiatry in Primary Care: A Concise Canadian Handbook, Centre for Addiction & Mental Health (expected 2010).
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