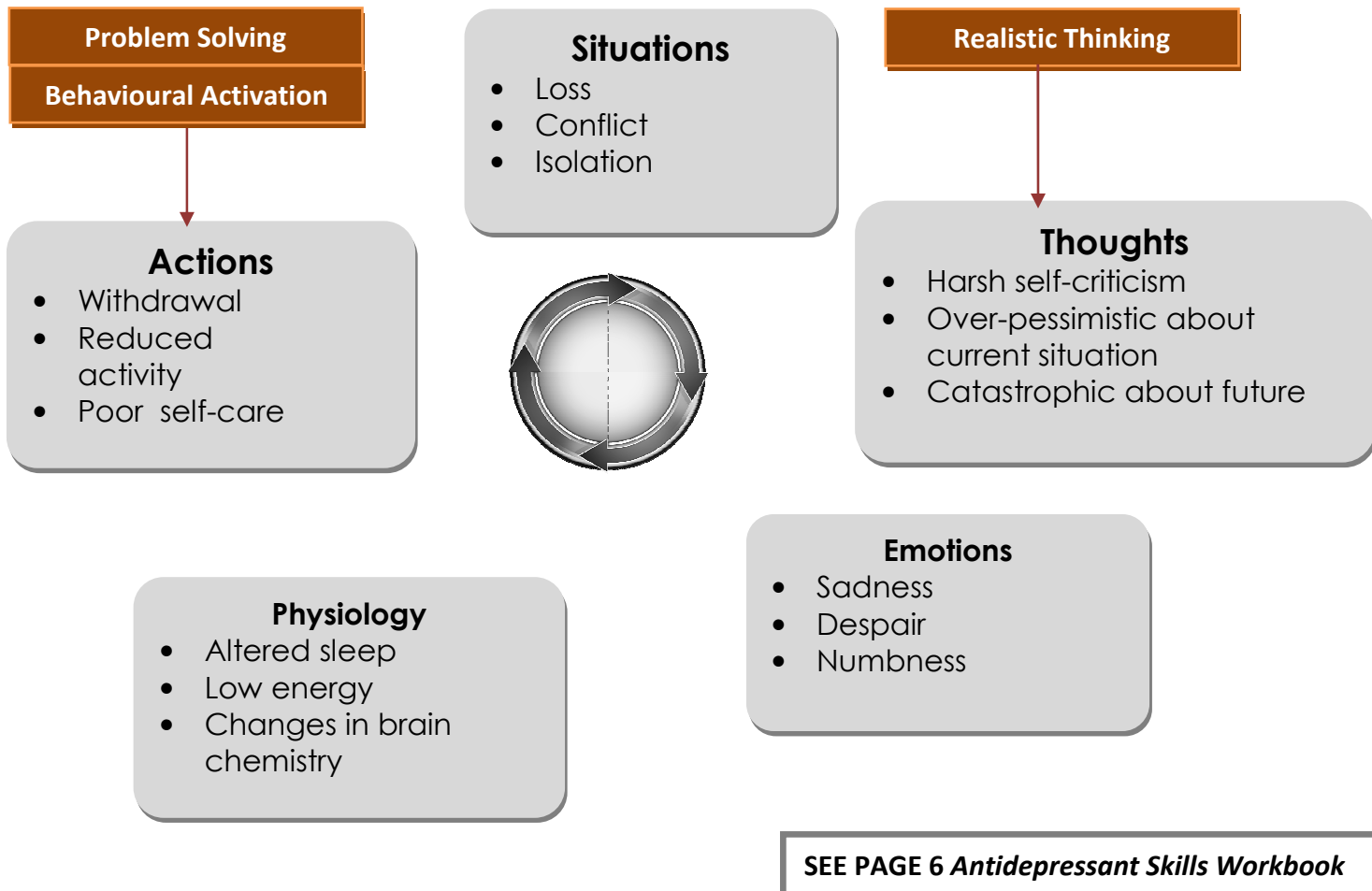


# SUPPORTED SELF-MANAGEMENT FOR DEPRESSION

## STEP ONE: PRESCRIBE THE *ANTIDEPRESSANT SKILLS WORKBOOK*



### Key messages:

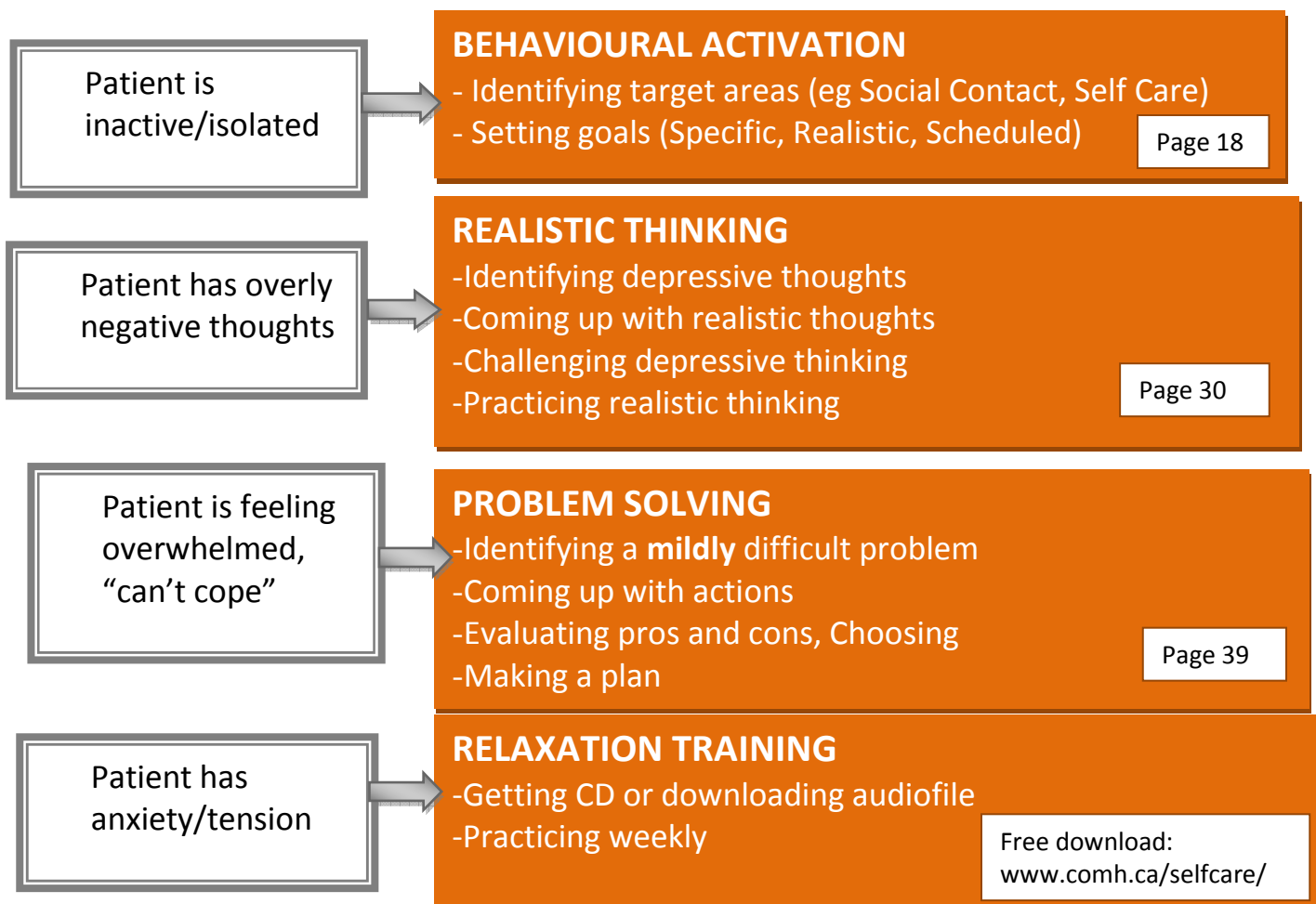
- We can work together to change how you feel
- Others have found these ideas very helpful
- You'll need to do some reading and practice
- I'm happy to work with you on this -- we'll set some regular visits to check how you're doing and work out problems



*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/](http://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:

- Bilsker D, Goldner EM. *Training GPs to prescribe depression self-management*. In The Oxford Guide to Low-intensity CBT Interventions, Oxford University Press (expected 2010).
- 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).
- Bilsker D, Anderson J, Samra J, Goldner EM, Streiner D (2008). *Behavioural interventions in primary care*. Canadian Journal of Community Mental Health 27: 179-189.