Major Depression

Best-practice Intervention Strategies

• Develop and practice healthy stress management and coping skills

• Develop and practice healthy problem-solving and communication skills (Including how to effectively negotiate and compromise)

• Develop and practice healthy ways to monitor and control impulses

• Identify the connection between thoughts, feelings, and actions

• Identify and replace cognitive distortions and negative self-talk (Avoid All-or-Nothing, Black-or-White, and Catastrophic Patterns of Thinking)

• Develop and practice a routine of physical exercise, activity, and social involvement

• Identify, verbalize, and address any unresolved grief or loss issues

• Acknowledge the presence of any self-harm thoughts or suicidal thoughts and develop a personal safety plan to avoid acting on them (Suicide is among the three leading causes of death for people ages 15 - 44)

• Participate in a psychiatric evaluation and take all prescribed medications as instructed

• Rule out other psychiatric disorders (e.g., grief reaction, personality disorders, Dysthymia)

• Rule out medical disorders (e.g., hypothyroidism)

• Rule out depression-inducing medications (e.g., steroids)

• Rule out substance abuse

Compiled from multiple sources. Citations available upon request. Last Updated 1/27/11.