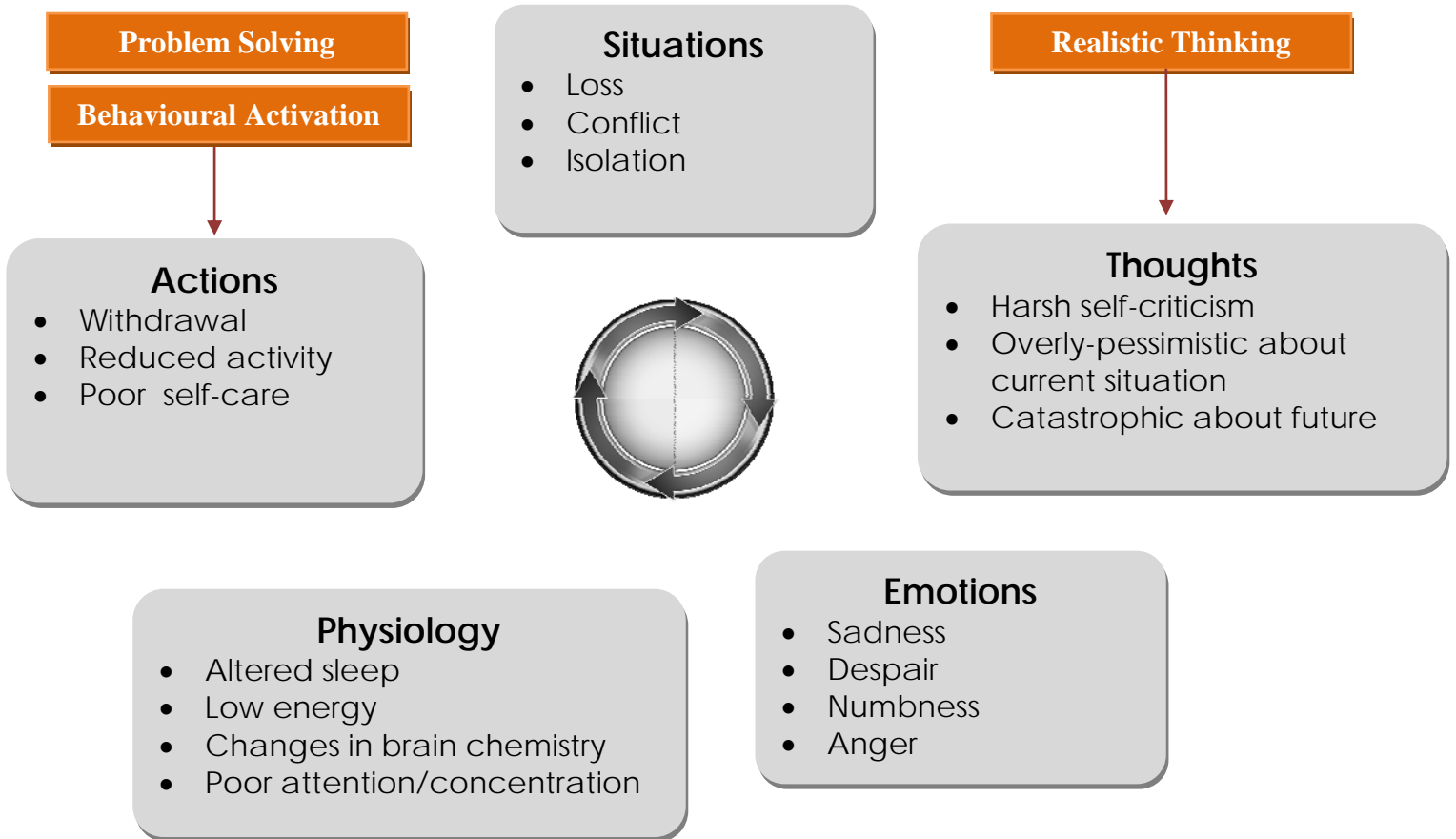


# SUPPORTED SELF-MANAGEMENT (SSM) FOR DEPRESSION IN PRIMARY CARE

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



SEE PAGE 6 [Antidepressant Skills Workbook \(ASW\)](#)

### Key messages to impart to patients:

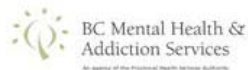
- We can work together to change how you feel
- Others have found these ideas very helpful
- You'll need to do some reading and practice
- I'm happy to work with you on this -- we'll set some regular visits to check how you're doing and work out problems

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



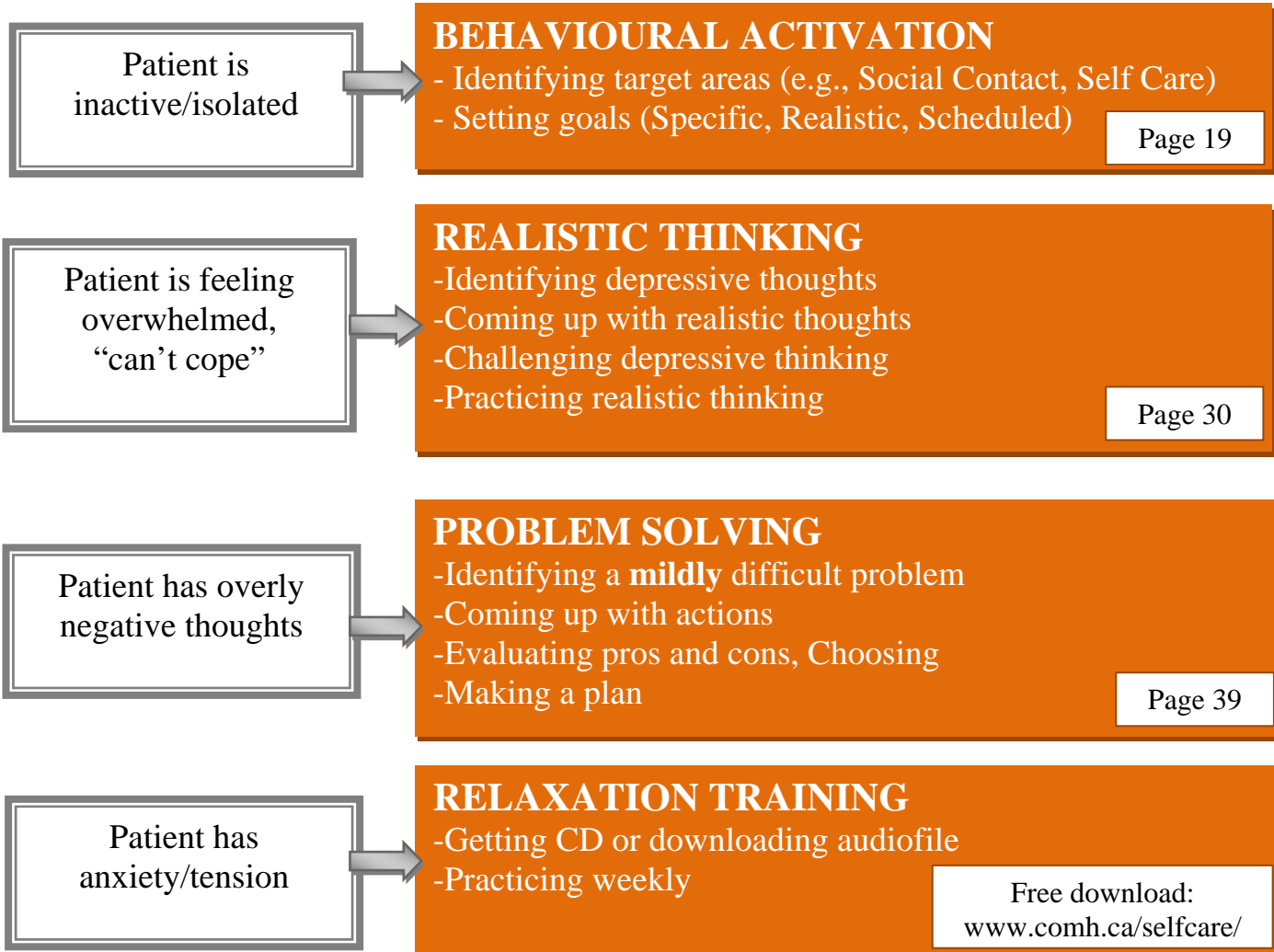
**The Antidepressant Skills Workbook:**  
HELPING YOU DEAL WITH DEPRESSION

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# SUPPORTED SELF-MANAGEMENT (SSM) FOR DEPRESSION IN PRIMARY CARE

## 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).
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### The Antidepressant Skills Workbook: HELPING YOU DEAL WITH DEPRESSION

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