

# 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.*