

Rx Non-Drug Treatment to Improve Mental Health



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www.RxFiles.ca

Non-drug therapy is useful for depression, anxiety, sleep disorders, and other mental illnesses. It can be used alongside a medication, or on its own.

Name: _____








Date: _____

Check 1 or 2 options to focus on at this time.

<input type="checkbox"/>	 Physical Activity	Physical activity helps your body produce feel-good hormones (endorphins). Even small amounts of physical activity promotes good mental health. Target 30-60 minutes of moderate to high intensity activity. E.g. walking/hiking, running, cycling, swimming, skiing, tennis, climbing, group sports, fitness classes, golf, martial arts, etc.	3 times/ week x 8+ weeks
<input type="checkbox"/>	 Self-Help	Written and interactive materials that teach you how to cope with stressors and develop resilience. FREE option: wellnesstogether.ca FREE/PRINT options: tinyurl.com/ccl-depression psychhealthandsafety.org/pchwlc PAID option: https://www.actmindfully.com.au/ (~\$100/week) <i>Courses in acceptance and commitment therapy, plus free printable workbooks.</i>	x 8+ weeks
<input type="checkbox"/>	 Guided Cognitive Behavioural Therapy	Learn techniques (therapist assisted) to challenge negative thinking and promote behaviour change. FREE option: onlinetherapyuser.ca FREE option: bounceback.cmha.ca PAID option: moodgym.com.au (\$40 one-time)	x 8+ weeks
<input type="checkbox"/>	 Professional Counselling	Talking to a therapist can help you better understand your emotions, relationships, and actions to work toward positive and lasting change. Covered by some insurance/benefits plans. FREE option: counsellingconnectsask.ca PAID options: psychologytoday.com/ca/therapists (\$60+ per session)	weekly or biweekly 8+ sessions
<input type="checkbox"/>	 Mindfulness and Meditation	Concentrating on the present, observing your thoughts and feelings, and integrating your body helps improve mental health. FREE option: freemindfulness.org PAID option: headspace.com (\$7.50/month) FREE/PAID: Try yoga at a studio/gym or using YouTube videos	x 8+ weeks
<input type="checkbox"/>	Please book an appointment for follow-up in 2 weeks.		

Provider signature: _____

Patient signature: _____

<input type="checkbox"/>		Reduce use of alcohol or recreational drugs	<input type="checkbox"/>		Experience nature
<input type="checkbox"/>		Pursue a healthy diet [food-guide.canada.ca/en]	<input type="checkbox"/>		Explore faith/spirituality
<input type="checkbox"/>		Reduce social media use (Better yet: delete your account!)	<input type="checkbox"/>		Engage in positive activities
<input type="checkbox"/>	Zzz	Improve sleep habits (e.g. avoid screens before bed) [mysleepwell.ca/cbti]	<input type="checkbox"/>		Try relaxation techniques

