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.

☐	**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
☐	**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/cci-depression psychhealthandsafety.org/pcwhc PAID option: https://www.actmindfully.com.au/ (~$100/week) *Courses in acceptance and commitment therapy, plus free printable workbooks.*	x 8+ weeks
☐	**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
☐	**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
☐	**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
☐	Please book an appointment for follow-up in 2 weeks.		

Provider signature: _____ Patient signature: _____

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

PLAN/GOALS	
Date	**Progress**