

The DIRECT-sc depression self-care research program

Project DIRECT-sc



Depression Intervention
via Referral, Education and Collaborative Treatment - Self Care

The DIRECT-sc toolkit

The toolkit developed and evaluated in primary care includes the following tools:

The Antidepressant Skills Workbook is a self-care manual prepared by experienced psychologists at Simon Fraser University in British Columbia. It is based on the experience of the authors and on scientific research about which strategies work best in managing depression. You can download a copy [here](#). An audio version of the workbook is available [here](#).



Mood monitoring sheets can be used to track daily mood, and how activities influence this. Download some mood monitoring sheets [here](#).



Relaxation audio may be useful for people who are feeling anxious or restless, or who are having trouble falling asleep. The audio is a guided relaxation technique. Click [here](#).

“Finding a way out of depression” is a short movie featuring interviews with experts and patients who have overcome depression. Watching this movie is a good introduction to depression, although it may not be appropriate to all populations and is somewhat dated. This video may be available at local libraries.

Medication misuse information may be helpful for people who have trouble managing their prescription medication. Click [here](#).

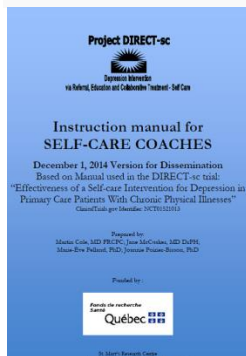
Emotional eating information may be useful for people who find they are eating as a response to feelings rather than hunger. Click [here](#).

Additional resources include information on books and websites that may be helpful



for people who are learning about depression self-care (click [here](#)) as well as information on local community resources (places to get some exercise, places to get support related to a chronic illness and places to get support related to depression).

Family members and friends can also benefit from information on chronic disease and low mood so they can better support patients while taking their own health into consideration. Click [here](#).



The coaching manual

The manual includes information on the coach role, and instructions for how the coach can encourage and guide patients in use of the self-care tools. A detailed agenda for each of the contacts that a coach may have with a patient is provided. Additional training materials for coaches include a PowerPoint presentation that is available upon request.

[Contact us](#) for a free copy of the coach manual or with questions regarding the research program.