

Activity 15

Estimated Time: 10 minutes

There are a number of traditional treatments that are available in the UK for people who suffer from depression. Think back on the information that was presented about these options and consider what is best for the following situations:

For someone who has been suffering with moderate depression for many years.
For someone who has been feeling down, but it is not affecting their everyday life.
For someone who has tried every depression treatment available without much relief.