

Depression & Anxiety Program for Teens



The Depression & Anxiety program is for teenagers, ages 15-18, who are living with symptoms of depression and anxiety. The program encourages teens to become more aware of their emotions and understand them better. At the same time, it emphasizes the importance of being more active and motivated in their daily lives.

Using cognitive behavioral therapy (CBT), teens can better understand their thoughts, feelings, and behaviors. They can learn how to make positive changes related to depression and anxiety.



Skills and strategies

Through this program, teens will learn to motivate themselves to engage in enjoyable activities. They will also learn how to tackle the physical feelings associated with depression and anxiety.



Balancing thoughts

Learning about thinking traps will help teens to identify their negative, unhelpful thoughts. By spotting these thoughts, teens can take action with alternative ways of thinking and helpful self-talk.



Forging ahead

Teens will walk away with tactics and skills to think and feel better in the future. They will have a better understanding of their mood. They will also be able to identify triggers and warning signs of depression and anxiety. They will learn techniques to prevent a relapse and build a social network. They will also learn how to use strategies for maintaining long-lasting results.



Modules

Getting Started ● Understanding Depression & Anxiety ● Noticing Feelings ● Boosting Behavior ● Spotting Thoughts ● Challenging Thoughts ● Managing Worry ● Core Beliefs (unlockable by supporter) ● Facing Your Fears (unlockable by supporter) ● Bringing it All Together



Proven tools

Mood Monitor ● My CBT Cycle ● Staying in the Present ● Activity ● Scheduling ● My Helpful Thoughts ● Worry Tree

For technical assistance, contact the My Military Health Help Desk:
844-DIAL-MMH (844-342-5664) dhasupport.mymilitary@health.mil

