



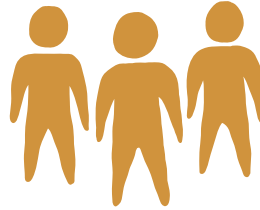
Based on the CANMAT and SOGC guidelines.

PSYCHOTHERAPY



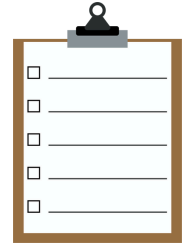
Cognitive Behavioural Therapy (CBT)

Structured sessions to modify unhelpful thoughts/behaviours



Interpersonal Psychotherapy (IPT)

Addresses relationship/life role stressors



Behavioural Activation (BA)

Encourages pleasurable/rewarding activities

PHARMACOTHERAPY



- **Adjuncts:** folate, omega 3s, light therapy, exercise
- **Preventive:** therapy for at-risk patients even before symptoms arise
- **At risk:** psychosocial (e.g., violence, poverty), medical (e.g., fetal complications), psychiatric history