

MENTAL HEALTH AND WELLNESS TOOLS FOR REAL GP TIME

Dr. Bruce Hobson

APRIL 2026



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FACULTY/PRESENTER DISCLOSURE

Faculty: Dr. Bruce Hobson

- Disclosures: None
- No bias to manage



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matchsets





















CLINIC
ASSOCIATES









LEARNING OBJECTIVES:

By the end of the session, you will be able to:

- Utilize available tools and resources in BC to effectively support patients experiencing mild to moderate anxiety and depression.
- Implement cognitive behavioural skills to aid patients in managing mild to moderate anxiety and/or depression.
- Employ self-management techniques to enhance patient wellness.
- Conduct brief action planning sessions in an office setting to establish self-management goals with patients.



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MENTAL HEALTH



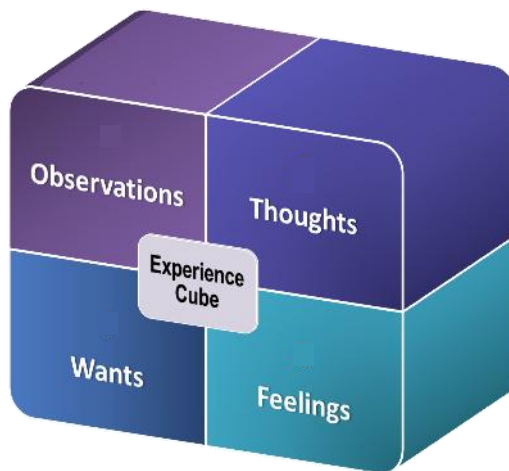
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WELCOME

1. “What did you **observe**?”
2. “What did you **think** about that?”
3. “What **emotions** surfaced for you?”
4. “What did/do you **want**?”



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Major Depressive Disorder (MDD) Care Pathway – Adults

QUICK
LINKS

Assessment Tools

↓ Patient Info

↓ Self-Management

↓ Psychotherapy

Mental Health Team

↓ Medication

↓ Billing

Brief Screen

In the past month:

1. Have you lost interest or pleasure in things you usually like to do?
2. Have you felt sad, low, down, depressed, or hopeless?

Review & Consider

- Try the BATHE technique ([read more](#))
- Review [symptoms](#) or [PHQ-9](#)
- Consider labs (TSH, B12, iron)
- Consider [Meds that Mimic Depression](#)
- Anxiety ([GAD7](#)), Bipolar ([MDQ](#)), Adjustment
- Alcohol or Substance Misuse ([CAGE](#))
- Rule out other medical conditions such as sleep apnea ([Epworth](#))

[Suicidal Ideation?](#)

YES

Low Risk

Medium Risk

High Risk

NO

Complex Presentation?

YES

ER



Listen & talk first. Prescribe later. Label rarely. ([ref](#))

How important is the diagnosis vs. feeling heard & understood?

Mild Depression
PHQ-9 = 5-9

Moderate Depression
PHQ-9 = 10-19

Severe Depression
PHQ-9 = 20-27

↓ Patient Information

↓ Self-Management

Additional Treatment Options

↓ Psychotherapy

↓ Medication

Looking for Diagnostic Clarification? Or Medication Advice?

Consider referral to:

Or:

Community Psychiatry

Mental Health Team

Looking for Support for Specific Populations?

Older Adult

Indigenous

LGBTQ

Perinatal

Refractory?

YES

Legend: Link will take you to a Pathways page
↓ Link will jump you down the algorithm



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PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____

DATE: _____

Over the *last 2 weeks*, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

add columns: + +

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card.)

TOTAL:

10. If you checked off *any* problems, how *difficult* have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____

Somewhat difficult _____

Very difficult _____

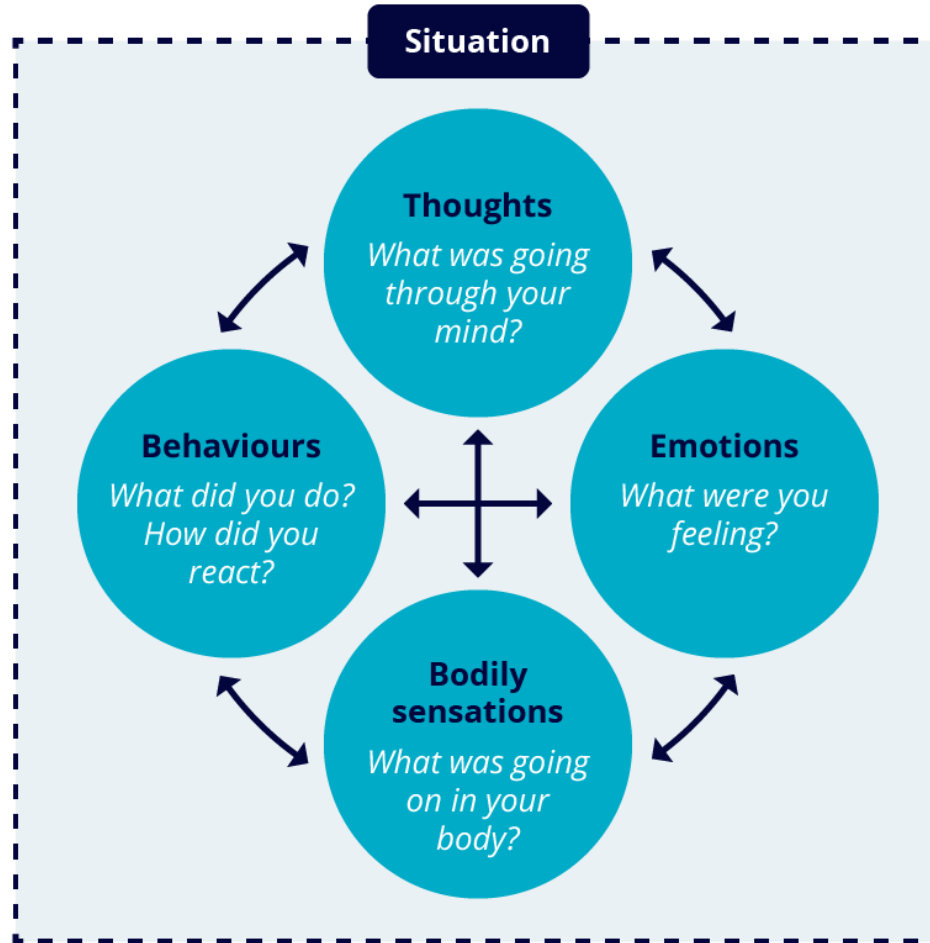
Extremely difficult _____



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Major Depressive Disorder (MDD) Care Pathway – Adults

QUICK
LINKS

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Brief Screen

In the past month:

1. Have you lost interest or pleasure in things you usually like to do?
2. Have you felt sad, low, down, depressed, or hopeless?

Review & Consider

- Try the BATHE technique ([read more](#))
- Review [symptoms](#) or [PHQ-9](#)
- Consider labs (TSH, B12, iron)
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- Alcohol or Substance Misuse ([CAGE](#))
- Rule out other medical conditions such as sleep apnea ([Epworth](#))

↓ Suicidal Ideation?

YES

Low Risk

Medium Risk

High Risk

NO

Complex Presentation?

YES

ER



Listen & talk first. Prescribe later. Label rarely. ([ref](#))

How important is the diagnosis vs. feeling heard & understood?

↓ Patient Information

↓ Self-Management

Additional Treatment Options

↓ Psychotherapy

↓ Medication

Looking for Diagnostic Clarification? Or Medication Advice?

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Or:

Community Psychiatry

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Older Adult

Indigenous

LGBTQ

Perinatal

Legend: Link will take you to a Pathways page
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Psychotherapeutic Approach – Try the **BATHE** Technique ([read more](#))

Background: "What is going on in your life?"

Affect: "How do you feel about it?"

Trouble: "What troubles you most about the situation?"

Handle: "What helps you handle the situation?"

Empathy: "This is a tough situation to be in"
"Anybody would feel as you do"
"Your reaction makes sense to me"



<i>!</i> Patient Information Click <u>HERE</u> for MORE Pathways Depression Patient Info			
Initial Diagnosis Info	Email	Additional Patient Info	Email
Depression - Could I Have It? Depression - Basic Overview -> BUNDLE - Email both items above	☐ ☐ ☐	Depression - Behavioural Activation - Getting Active Toolkit Depression - Practical Tips for Men Depression Symptoms - CBIS	☐ ☐ ☐
Treatment	Patient Info Items		
Exercise	Mike Evans Exercise Video Exercise - Benefits to Mental Health PaRX Nature walks for mood		☐ ☐ ☐
Sleep Hygiene	Sleep Tips Handout (Anxiety Canada)		☐
Medication	Medication - Antidepressant Patient Info (helpguide.org)		☐

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Care Pathways

Depression

X Clear all filters

Title	Categories				
Aripiprazole Fact Sheet (PHSA)	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Appreciation Exercise	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Chunk the Day	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Opposite Action Strategy	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Small Goals	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Wellness Activities	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression and Anxiety - Improve the Moment	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression and Anxiety - Problem Solving	Handouts	♥	✉	🖨	🔊
CBIS - Education - Depression Symptoms- System Wide Crash	Handouts	♥	✉	🖨	🔊
CBIS - Relaxation - Depression and Anxiety - Belly Breathing Box Breathing	Handouts	♥	✉	🖨	🔊
CBIS - Relaxation - Depression and Anxiety - Grounding	Handouts	♥	✉	🖨	🔊
CBT Self-Guided Therapy - MindShift App (Anxiety Canada)	Websites	★	♥	✉	🔊
Counselling - Free and Low Cost Options - Adult - Cowichan Valley (Pathways Community Service Directory)	Websites	♥	✉	🖨	🔊
COVID-19 - Post-COVID Pacing CBT Modules (CBIS)	Handouts	♥	✉	🖨	🔊
Depression - A booklet for people wondering how long they should take their antidepressant (RxFiles)	Handouts	♥	✉	🖨	🔊
Depression - Antidepressant Skills Workbook - Helping you Deal with Depression - Multilingual (SFU)	Handouts	♥	✉	🖨	🔊
Depression - Antidepressant Skills Workbook for Teens (SFU)	Handouts	♥	✉	🖨	🔊
Depression - Basic Overview (Here to Help)	Websites	♥	✉	🖨	🔊
Depression - Behavioural Activation - Getting Active Toolkit	Handouts	♥	✉	🖨	🔊
Depression - Could I Have It? (Here to Help)	Websites	♥	✉	🖨	🔊
Depression - Non-drug Treatment (RxFiles)	Handouts	♥	✉	🖨	🔊
Depression - Patient Guide (GPAC - 2013)	Handouts	♥	✉	🖨	🔊

Filter Patient Info

Subcategories

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☐ Videos
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Topics

☐ ADHD
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Languages



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CBIS - Activation - Depression - Wellness Activities	Handouts	♥	✉	🔗
CBIS - Activation - Depression and Anxiety - Improve the Moment	Handouts	♥	✉	🔗
CBIS - Activation - Depression and Anxiety - Problem Solving	Handouts	♥	✉	🔗
CBIS - Education - Depression Symptoms- System Wide Crash	Handouts	♥	✉	🔗
CBIS - Relaxation - Depression and Anxiety - Belly Breathing Box Breathing	Handouts	♥	✉	🔗
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CBT Self-Guided Therapy - MindShift App (Anxiety Canada)	Websites	★	♥	✉
Counselling - Free and Low Cost Options - Adult - Cowichan Valley (Pathways Community Service)	Websites	♥	✉	



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Abdominal/Belly Breathing

Purpose

- Your breathing is directly related to the level of tension you carry in your body.
- If you breathe shallowly, in your chest, you will become more tense and more anxious. This kind of breathing stimulates the sympathetic branch of your nervous system, which is connected to the “fight, flight or freeze” response.
- If you breathe deeply, in your abdomen, you will become more relaxed. This type of breathing stimulates the parasympathetic nervous system, which triggers a relaxing and calming response.

Process

TO DISCOVER HOW YOU ARE BREATHING NOW:

- Put one hand on your chest and one hand on your abdomen (belly). Pay attention to how you are breathing for a few moments. Observe which hand (if any) is moving.
- If it is your top hand, you are breathing mostly in your chest — shallowly. This kind of breathing will increase body tension and stress/anxiety.
- If it is your bottom hand, then you are breathing in your abdomen. This will help you to relax and calm down.
- The idea is to learn to breathe in your abdomen more.

PRACTICING BREATHING: *try listening to some low-energy relaxing music (ie. trance, classical, jazz or meditation tracks)

- When practicing abdominal breathing, put both hands on your abdomen and close or lower your eyes.
- First, breathe out fully. Then, as you breathe in, let your abdomen expand. You can imagine that you are gently filling up a balloon in your belly.
- Then just let go and feel the balloon emptying slowly and your abdomen flattening as you exhale.
- The more fully you breathe out, the easier it is to breathe in deeply.
- Practice breathing this way for 5 minutes twice a day.



ALGORITHM SEARCH

Tom is a 57-year-old person with anxiety problems. You decide to use a CBIS relaxation skill with them. Use the breathing handout to help you.



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CASE

Julie is a 32-year-old woman with fatigue and lack of motivation. You have done a PHQ-9 and she has a score of 10 and you decide to use an activation worksheet with her. Find the activities worksheet in the algorithm.



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Depression

✕ Clear all filters

Title ↓

Categories ★ ♥

Email selected items

Aripiprazole Fact Sheet (PHSA)	Handouts	♥	✉	🖨	🔊
CBIS - Activation - Depression - Appreciation Exercise	Handouts	♥	✉	🖨	🔊
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Languages



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CBIS - Activation - Depression - Wellness Activities

Handouts



CBIS - Activation - Depression and Anxiety - Improve the Moment

Handouts



CBIS - Activation - Depression and Anxiety - Problem Solving

Handouts



CBIS - Education - Depression Symptoms- System Wide Crash

Handouts



CBIS - Relaxation - Depression and Anxiety - Belly Breathing Box Breathing

Handouts



CBIS - Relaxation - Depression and Anxiety - Grounding

Handouts



CBT Self-Guided Therapy - MindShift App (Anxiety Canada)

Websites



Counselling - Free and Low Cost Options - Adult - Cowichan Valley (Pathways Community Service)

Websites



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Anti-Depression Activities

The activities below are helpful in recovering from depression. To start working on your recovery, put a check mark whenever you do one of the activities below. Push a little, often, but not to exhaustion. As you persist, day after day, you may gradually find your mood brightening and your energy returning.

	ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN
1	Self-care(shower,shave, teeth etc.)							
2	Eat three meals, however small (check for each)							
3	Sleep (# of hours)							
4	Exercise, however little (# of minutes)							
5	Relaxation (# of minutes)							
6	Accomplish one small task or goal each day							

7	Social contact (enough but not too much)							
8	Pleasure activities/hobbies (check for each)							
9	Do something nice for yourself							
10	Do something nice for someone else							
11	Replace negative thoughts with helpful thoughts (check # times)							
12	Miscellaneous (your choice)							



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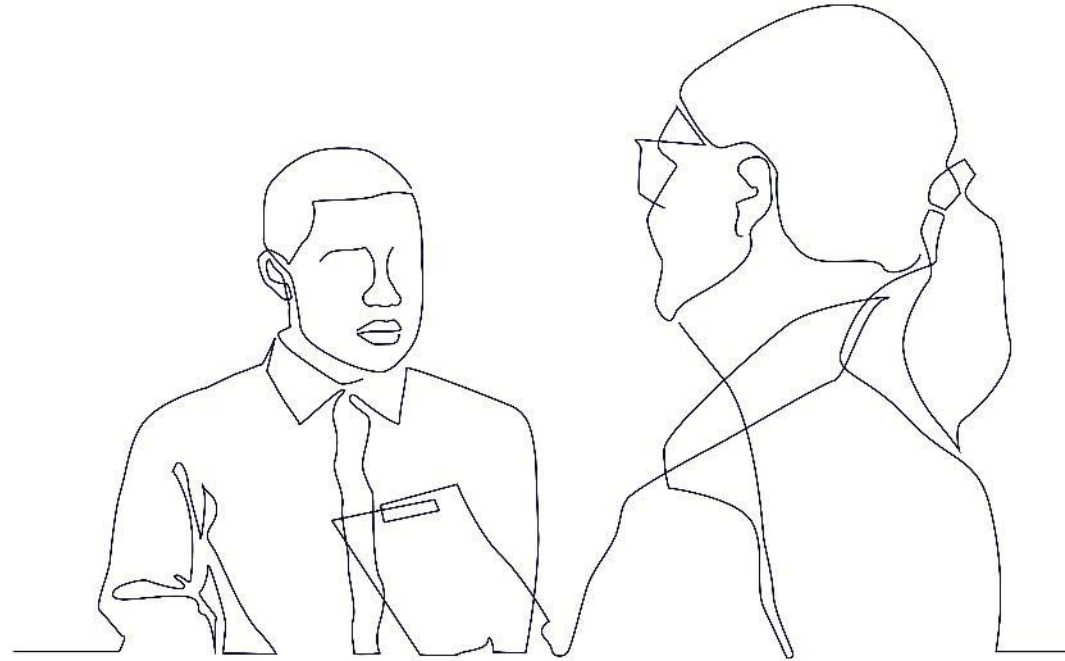
TIPS

Teach

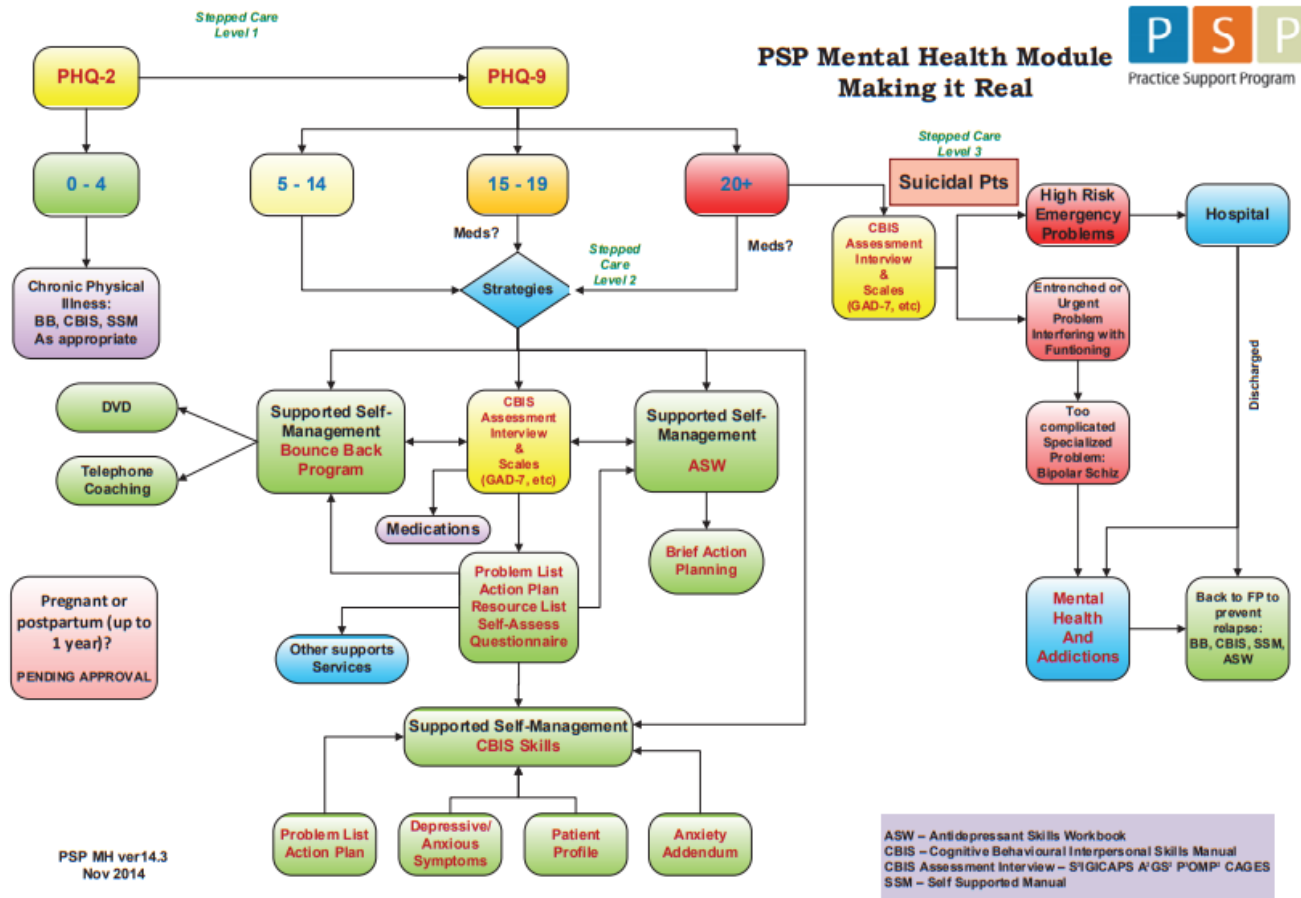
Integrate

Practice

Success



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Anxiety Care Pathway – Adults

ANXIETY

QUICK
LINKS

[Assessment Tools](#)

[Patient Info](#)

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[Psychotherapy](#)

[Mental Health Team](#)

[Medication](#)

Brief Screen

Over the last 2 weeks have you been bothered by the following problems:
1. Feeling nervous, anxious, or on edge?
2. Not being able to stop or control worrying?

Review & Consider

- Try the BATHE technique ([read more](#))
- Review [symptoms](#) or [GAD7](#)
- Consider labs (TSH, electrolytes, A1C)
- Consider [Meds that Mimic Anxiety](#)
- Depression ([PHQ9](#)), Bipolar ([MDQ](#))
- Alcohol or Substance Misuse ([CAGE](#), [DAST-10](#))
- [Rule out other conditions – Anxiety Assessment](#)

[Suicidal Ideation?](#)

YES

Low Risk

Medium Risk

High Risk

[Complex Presentation](#)

NO

YES

ER



Listen & talk first. Prescribe later. Label rarely. ([ref](#))

How important is the diagnosis vs. feeling heard & understood?

Mild Anxiety
GAD-7 = 5-9

Moderate Anxiety
GAD-7 = 10-14

Severe Anxiety
GAD-7 > 14

[Patient Information](#)

[Self-Management](#)

Additional Treatment Options

[Psychotherapy](#)

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Looking for Diagnostic Clarification? Or Medication Advice?

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Or:

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[Mental Health Team](#)

Looking for Support for Specific Populations?

[Older Adult](#)

[Indigenous](#)

[LGBTQ](#)

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GAD-7 Anxiety

Over the <u>last two weeks</u> , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to sleep or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3

Column totals ____ + ____ + ____ + ____ =

Total score ____

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
☐	☐	☐	☐

Source: Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues. For research information, contact Dr. Spitzer at rs8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission



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Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of "not at all," "several days," "more than half the days," and "nearly every day." GAD-7 total score for the seven items ranges from 0 to 21.

0–4: minimal anxiety

5–9: mild anxiety

10–14: moderate anxiety

15–21: severe anxiety

CASE

Your patient has decided that they want to set a goal to achieve in the next couple of weeks. Find the tool that can support this person in successfully achieve their goal.



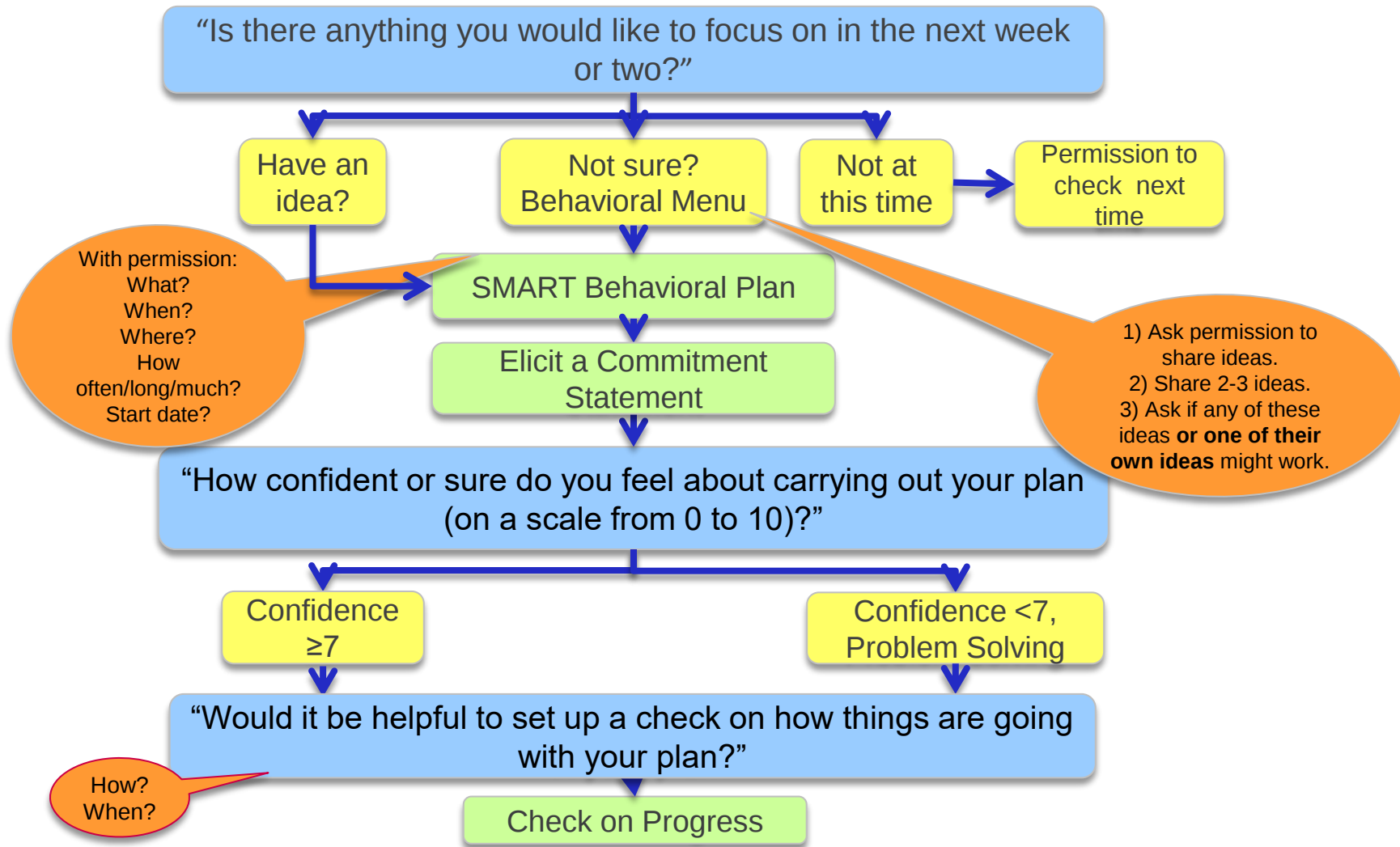
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“Everyone has a doctor in him or her, we just have to help that doctor in its work. The natural healing force within each of us is the greatest force in getting well.”

Hippocrates (460-377 B.C.)



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COMMENTS?



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WHAT WAS YOUR KEY TAKE-AWAY FROM TODAY?

Write down in 10 words or less



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