

Cognitive Behavioral Therapy (CBT)

CBT is a **treatment** for **depression**.

You may experience depression after a stroke. It can feel like:

- You feel sad most of the time
- You feel hopeless
- Your feelings are dulled
- Your motivation is low
- You sleep and eat too much or too little

If you have depression:

- Medicine can help.
- A therapist can help you using CBT.
- Medicine and CBT together is best.

CBT works by **changing how you think** about problems.

Thinking about aphasia:

- **Not helpful:** “I won’t be able to speak like I used to. No one will want to talk to me.”
- **More helpful:** “With hard work, I can get better. I will be able to communicate again.”

Thinking about social situations:

- **Not helpful:** “I’m afraid that people will make fun of me. I can’t do this.”
- **More helpful:** “I can start with easier situations and build my confidence.”

Thinking about the future:

- **Not helpful:** “I’m afraid that I will never get better.”
- **More helpful:** “I can focus on getting a little better every day.”

If you have depression:

- A therapist can help you **feel better**.
- A doctor can help you find a therapist.

If you are depressed, don't wait. There is hope, and you can get better.