



# ★ *Psychoeducation Template*

## PSYCHOEDUCATION TOPIC:

WHAT IS *<topic>*:

COMMON SYMPTOMS, BEHAVIOURS, THOUGHTS ASSOCIATED WITH *<topic>*:

WHAT CAUSES *<topic>*:

DIFFERENT TYPES OF *<topic>*:

FACTS vs MYTHS ABOUT *<topic>*:

TREATMENT FOR *<topic>*:

LIFESTYLE INTERVENTIONS FOR *<topic>*:

FURTHER READING / ONLINE RESOURCES:

## HELP FOR FAMILY/FRIENDS: