## A CARLAT PSYCHIATRY REFERENCE TABLE

Strategies for Addressing Despair	
Enhance social support	<ul><li>Recovery groups</li><li>Peer support</li><li>Social skills training</li><li>Volunteering</li></ul>
Address unhelpful thoughts and behaviors	<ul><li>Cognitive behavioral therapy</li><li>Group psychotherapy</li><li>Positive activities</li></ul>

From the Clinical Update:

"Despair, Loneliness, and Substance Use Disorders"

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