

LO-4 Low Complexity and High Complexity Activity

Invite students to create two columns representing low complexity and high complexity symptoms, problems, or concerns. Ask students to match the concern to a form or level of treatment most likely to align with the symptoms, problems, or concerns. Treatment examples are listed in the table below.

Mental Health Presenting Concern Examples

Mild to moderate anxiety or worry

Mild depressive symptoms or low mood

Stress related to work, school, or life changes

Sleep difficulties without severe impairment

Adjustment difficulties (e.g., bereavement, relationship changes)

Panic symptoms without significant avoidance

Mild obsessive thoughts or compulsive behaviors

Motivational difficulties or burnout

Subthreshold trauma symptoms

Health anxiety with preserved functioning

Severe or persistent depression

Suicidal ideation or self-harm behaviors

Bipolar disorder or psychotic symptoms

Post-traumatic stress disorder (PTSD)

Severe anxiety with significant functional impairment

Eating disorders

Substance use disorders with dependence

Complex or chronic trauma

Personality disorders

Need for medication management or inpatient care

Appropriate Level of Complexity

| Low-Complexity Mental Health Interventions (e.g., psychoeducation, guided self-help, brief therapy) | High-Complexity Mental Health Treatment (e.g., specialist psychotherapy, psychiatry, multidisciplinary care) |
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