



# The Five Cards Approach

## **Mood**

- Depression
- Mania/hypomania

## **Anxiety & Related Disorders**

- Generalized anxiety
- Panic attacks
- PTSD
- OCD

## **Psychosis**

- Primary
- Secondary

## **Substance Use**

- Alcohol
- Illicit
- Prescription

## **Organic**

- Cognitive function
- Relevant medical history

