

Psychiatric Service Dog Tasks

Disorder	Symptoms	Trainable Tasks
Major Depression	Apathy	Tactile Stimulation
	Hypersomnia	Wake-up handler
	Feelings of isolation	Cuddle and Kiss
	Sadness Tearfulness	Deep Pressure Stimulation Lick Tears Bring Tissues Initiate Play
	Insomnia Suicidal ideation	Stay with and focus on handler
	Psychomotor retardation	Walk on a leash
	Memory loss	Remind to take medication Help to find keys or telephone
	Disorganization	Assist with daily routines in the home
Bipolar (Manic phase)	Thoughts racing Distractibility	Tactile Stimulation
	Hyper focus Irritability Hyper locomotion Olfactory cue?	Alert to incipient manic episode
	Aggressive driving	Alert to aggressive driving
	Insomnia	Alert to insomnia
	Memory loss	Remind to take medication Help to find keys or telephone
	Disorganization	Assist with daily routines in the home
Panic	Derealization Depersonalization	Tactile Stimulation
	Olfactory cue?	Alert to incipient anxiety or panic attack
	Fear Fight or Flight response	Lead handler to a safe place
	Pounding heart Trembling Nausea Sweating	Staying with and focusing on handler
	Dizziness	Brace or lean against the handler
	Chills	Lay across handler's body
	Memory loss	Remind to take medication Help to find keys or telephone
Anxiety	Restlessness Distractibility	Tactile Stimulation
	Sleep disturbance	Staying with and focusing on handler
	Anxiety	Assist handler to leave situation
	Muscle tension	Walk on leash
	Memory loss	Remind to take medication
Agoraphobia	Anxiety Fear of what could happen	Tactile Stimulation
	Anxiety Fear of being vulnerable	Staying with and focusing on handler
	Fear of leaving home	Assist handler to leave the house

Social Phobia	Anxiety	Tactile Stimulation
	Nervousness around others	Facilitate social interactions
	Distress Feeling overwhelmed	Staying with and focusing on handler Assist handler in leaving a social situation
Post Traumatic Stress	Distractibility Anxiety Intrusive imagery Dissociation Flashbacks	Tactile Stimulation
	Hallucinations	Hallucination Discernment
	Feelings of isolation	Cuddle and Kiss
	Hypervigilance	Alert to presence of other people
	Fear Startle response	Environmental Assessment
	Fear Anxiety	Turn on lights and safety check a room
	Rumination Avoidance behaviors	Staying with and focusing on handler
	Nightmares	Interrupt by Waking-up handler Turn on lights for calming & reorienting Turn off lights for resuming sleep
	Feelings of being threatened	Create safe personal space
Obsessive Compulsive	Distractibility Intrusive thoughts or images Anxiety	Tactile Stimulation
	Repetitive or compulsive behavior	Interrupt
	Memory loss	Remind to take medication Help to find keys or telephone
Dissociative Identity	Distress Flashbacks	Tactile Stimulation
	Startle response	Threat Assessment
	Olfactory or behavioral cue?	Alert to incipient dissociative episode
	Dissociation Self-mutilation	Interrupt
	Hallucinations	Hallucination Discernment
	Nightmares	Wake-up handler
	Forgotten personal identity	Carry handler identification documents
	Anxiety	Staying with and focusing on handler
	Dissociative fugue	Help handler to cross streets safely
Schizophrenia	Flat affect	Tactile Stimulation
	Hallucinations	Hallucination Discernment
	Catatonic behavior Disorganized speech or behavior Psychosis Delusions	Staying with and focusing on handler
	Forgotten personal identity	Carry handler identification documents
	Confusion or disorientation	Take handler home
	Social withdrawal	Facilitate social interactions
	Feeling overwhelmed	Buffer handler in crowded situations
	Memory loss	Remind to take medication Help to find keys or telephone