

My Action Plan for Depression

<p>Every Day</p>	<p>Things I Will Do Every day:</p> <ul style="list-style-type: none"> • Take my medication the way my doctor told me to, even if I feel good. • Avoid alcohol and other drugs. • Be active. • Get my rest. 	
<p>Green Zone</p>	<p>I Feel Normal for Me</p> <ul style="list-style-type: none"> • Enjoy family and friends. 	<p>Action – I Will: Keep doing the things I do every day.</p>
<p>Yellow Zone</p>	<p>Caution – I Feel Worse</p> <ul style="list-style-type: none"> • In the last two weeks, I have had little interest in doing things. • I have felt down, depressed or hopeless. 	<p>Action – I Will:</p> <ol style="list-style-type: none"> 1. Call my doctor _____ Phone # _____ Call my home health nurse Phone # _____
<p>Red Zone</p>	<p>Danger – I Feel Much Worse</p> <ul style="list-style-type: none"> • I have had thoughts of suicide. • Overwhelmed by feelings of sadness/despair. • Unable to leave the bed. • Unwilling to take medications or keep doctor appointments. 	<p>Action – I Will: See my care provider or a care provider immediately.</p>