

DEPRESSION ACTION PLAN



My important contacts: parents, caregivers, PCP, therapist, neighbor, teacher, friend!

Put all in your phone now! Take a picture of this plan!

Contacts	Daytime Phone	Evening Phone	E-mail Address
Name:			
Name:			
Name:			
PCP:			
Therapist:			
Emergency Contact:			



Call or Text 988: Suicide & Crisis Lifeline
Text "HOME" to 741-741: Crisis Text Line

How to use this plan:

GO Continue current plan	<p>Green Zone: depression symptoms under control → What to do?</p> <p>You are feeling well, functioning well in school and work, enjoying relationships at home and with peers.</p> <p>Personal Goals:</p> <p>1. _____</p> <p>2. _____</p> <ul style="list-style-type: none"> • Continue current plan: Therapy? PCP visits? Medication? • Self-care: Do these areas need more focus? <ul style="list-style-type: none"> – Sleep – Fun – Diet – Activities – Exercise • Continue progress on two goals
CAUTION Reach out and reassess	<p>Yellow Zone: depression symptoms NOT in remission → What to do?</p> <p>You are not feeling as well, experiencing at least 3 of the following, and you are NOT harming yourself, wishing you were dead, thinking about or planning to kill yourself:</p> <ul style="list-style-type: none"> • Sleep is off • Energy level is off (fatigue) • Slow or agitated feeling • Little interest or pleasure • Concentration is off • Recurrence of previously improved symptoms • Guilt or worthlessness • Appetite changes • New triggering event that is causing distress <p>REACH OUT (to a parent, therapist, PCP, emergency contact, school counselor, or a hotline) and say: I NEED HELP! Get near someone who is your support person, and together plan next steps with your care team.</p>
DANGER Immediately get help	<p>Red Zone: DANGER → What to do?</p> <p>IMMEDIATELY GET HELP: You are loved! Call the above contacts right away! Remember your call and text hotline numbers are in your phone!</p>