

DEPRESSION ACTION PLAN

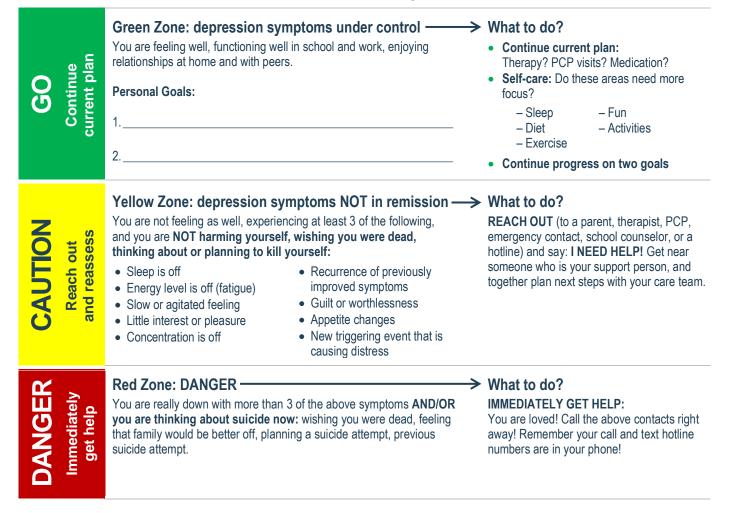
My important contacts: parents, caregivers, PCP, therapist, neighbor, teacher, friend! *Put all in your phone now! Take a picture of this plan!*

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:



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