

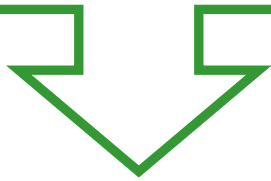
Depression Action Plan

Is your depression coming back?
Know the signs. Make a plan.



You are:

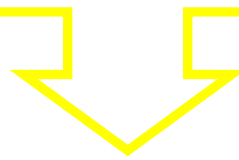
- Sleeping well
- Eating well
- Able to do your usual activities
- Feeling OK



Follow your treatment plan

You may be:

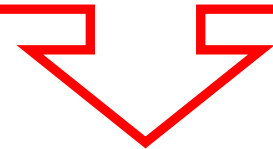
- Not sleeping well or sleeping too much
- Not eating enough or eating too much
- Not able to do your usual activities



- Call your doctor to set up a visit
- Follow your treatment plan

You may:

- Feel depressed or angry most of the time
- Not be able to:
 - do your work
 - take care of things at home
 - get along with others



- Call your doctor or talk therapist now
- If you have a plan to hurt yourself or someone else AND think you might act on it CALL 911 or go to the Emergency Room now

Other Instructions:

Doctor: _____ Phone: _____

Talk Therapist: _____ Phone: _____