

Treatment plan – **take action**

Take action

Depression can make you feel hopeless and alone. It can make you feel like things will never get better. But once you find the right treatment, you can start to feel like yourself again.

Use this sheet as a reminder of your condition and its treatment. Even if you're feeling better now, it's good to have this on hand in case you face depression again.

Reminders:

- Depression is a medical condition and I am not to blame for it.
- Depression is treatable and most people who receive help get better.
- I have told people close to me—loved ones, family, or friends—about my depression, and I can turn to them if I need help.
- If I feel like life isn't worth living, it's a symptom of my depression. If I have suicidal thoughts, I will follow the emergency plan on page 2.

Medicine and treatment reminders

- Take your medicine as directed.
- Therapy and medicine won't start working immediately, so I need to give them time to take effect.
- I will tell my doctor about all medicines I am using.
- I will talk to my doctor about any side effects I have.
- I will not stop my medicine without talking to my doctor.

Here are the name(s) and dosage(s) of my medicine(s):

Name:	Dosage:
Name:	Dosage:
Name:	Dosage:
Name:	Dosage:
Name:	Dosage:

Treatment plan – **take action** (cont'd)

My doctor is:

Name _____

Phone _____

My therapist is:

Name _____

Phone _____

Other healthcare providers:

Name _____

Phone _____

Name _____

Phone _____

In case of Emergency

If I feel that I may hurt myself, I will:

- Immediately contact my doctor or therapist.
- Call the following people:

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____