

Depression Action Plan



Managing your depression is important. Sometimes, if you are stressed, afraid, or under pressure, it can be hard to remember what steps to take to stay healthy. To help you in these situations, make an action plan with your primary care provider. Your action plan should include the following:

- Realistic treatment goals set by you and your provider(s) or case manager
- Steps you can take to reach your goals

Think about which of the following zones you are in (green, yellow, or red). Then, take the appropriate action based on how you are feeling.

Zone	Status	Symptoms	Actions
Green	Green means you are doing well. Your symptoms are STABLE. Your depression is well controlled.	• No depression or feelings of sadness • Stress is controlled • Feeling good	• Continue taking your medications as prescribed • Follow a balanced diet • Exercise regularly
Yellow	Yellow means CAUTION. Your symptoms indicate you may need to talk with your provider soon.	• Occasional depressed thoughts or sadness • Feeling tired or lacking energy	• Contact your support team • Call your primary care provider if you have repeated patterns of depression/ loss of energy, or if symptoms continue
Red	Red means AT RISK. Your symptoms indicate you should talk with your provider immediately or call 911.	• Constant feelings of sadness or depression • Sleeping all the time/not getting out of bed • Thoughts of harming yourself or others	• Call your primary care provider or 911

Treatment goals: _____

Steps to reach your goals: _____

1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរសព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သုဉ်ဟ်သးဘဉ်တက့ၢ်. ဖဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်,ကိးဘဉ် လိတဲစိနီၣ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງ ໂທໂປໂຫຍາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

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Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.