

Depression Action Plan

This **action plan** is a guide to help you recognize the signs and symptoms of depression, and be prepared with actions you should take. You and your specialist should complete this plan together. The three colors (zones), green, yellow and red, help you decide what to do.

Zone	Status	Symptoms	Actions
GREEN	<p>Green means you are doing well. Symptoms are STABLE.</p> <p>Your depression is under control.</p>	<ul style="list-style-type: none"> • You have well-managed symptoms of depression. • You are participating in your usual activities. • _____ • _____ • _____ • _____ 	<ul style="list-style-type: none"> • Take medications as directed. • Follow your treatment plan. • Get adequate exercise, proper nutrition and a good night's sleep. • _____ • _____ • _____
YELLOW	<p>Yellow means CAUTION.</p> <p>Your symptoms indicate you need to talk with your primary care manager (PCM), therapist or support network.</p>	<ul style="list-style-type: none"> • You have an increase in depression symptoms, such as changes in sleep, appetite, pleasure, energy, or even suicidal thoughts. • Your coping skills are not as effective. • _____ • _____ • _____ • _____ • _____ 	<ul style="list-style-type: none"> • Continue current medications. • Reach out to your PCM, therapist and support network. • _____ • _____ • _____ • _____ • _____
RED	<p>Red means you need help IMMEDIATELY!</p> <p>Your symptoms are unmanageable and urgent.</p>	<ul style="list-style-type: none"> • Your symptoms have become unmanageable and you are unable to care for yourself. • You are having suicidal or homicidal thoughts, which may have a plan and/or intent. • _____ • _____ • _____ 	<ul style="list-style-type: none"> • This is a psychiatric emergency. Call 911, a suicide prevention hotline, or have a friend or family member take you to the ER. • _____ • _____ • _____ • _____

Symptom Management

You can manage your depression by following these tips below.

Depression symptoms

- a deep sense of sadness or unhappiness
- a lack of interest in things you used to enjoy such as hobbies, friends or sex
- change in appetite
- weight loss or gain
- trouble remembering, thinking or making decisions
- feeling tired or lacking in energy
- feeling guilty, worthless or hopeless
- sleeping too little or too much
- feeling uneasy or worried
- being restless or less active
- headaches
- stomach aches
- sexual problems
- thoughts of death or suicide
- attempted suicide

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What you can do to manage depression

- Get support. Contact friends and family as needed.
- Keep medical and therapy appointments.
- Take medications as prescribed.
- Get rest.
- Exercise.
- Get proper nutrition.
- Make a plan. Follow your action plan, including monitoring your symptoms, and contacting your providers and members of your support team as needed.
- Avoid alcohol and other drugs.
- Laugh.
- Pace yourself.
- Take time to focus on personal hygiene.
- Learn ways to relax.
- Join a self-help group.
- Plan a realistic schedule.

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Emergency Contact Numbers

Friends/Support:

Psychiatrist:

PCM:

24/7 Emergency Resources 911

National Suicide Prevention Lifeline
Call 988 or 1-800-273-TALK (8255)

Military OneSource
1-800-342-9647
www.militaryonesource.mil

Additional Resources

National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (6264)
www.nami.org

National Institute of Mental Health (NIMH)
1-866-615-6464
www.nimh.nih.gov

Locate a TRICARE-authorized provider here:
www.tricare-west.com/go/provdir