

Depression Management ZONES



GREEN ZONE	<p>ALL CLEAR (GOAL)</p> <ul style="list-style-type: none"> • Feeling hopeful • Not sad or gloomy • Able to concentrate • No trouble sleeping • Good appetite 	<p>Doing Great!</p> <ul style="list-style-type: none"> • Your symptoms are under control • Actions: <ul style="list-style-type: none"> ○ Take medicines as ordered ○ Do fun and interesting activities ○ Keep regular sleep habits ○ Keep all doctor appointments
YELLOW ZONE	<p>WARNING</p> <p>If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> • Sad mood most of the time • More anxious, irritable, angry, and/or feeling empty • Less interested in doing daily activities • Trouble sleeping or sleeping too much • Unable to have fun or pleasure • Hard to concentrate • Less interested in food or eating too much • Missing or not taking medications • Missing health appointments 	<p>Act Today!</p> <ul style="list-style-type: none"> • You may need your medicines changed • Actions: <ul style="list-style-type: none"> ○ Set small goals ○ Try to exercise ○ Be around people who care about you ○ Call your home health clinician <hr style="width: 20%; margin-left: 40px;"/> <p style="text-align: center; margin-left: 40px;"><i>(agency's phone number)</i></p> ○ Or call your doctor <hr style="width: 20%; margin-left: 40px;"/> <p style="text-align: center; margin-left: 40px;"><i>(doctor's phone number)</i></p>
RED ZONE	<p>EMERGENCY</p> <ul style="list-style-type: none"> • Overwhelmed by anxious, irritable, angry, or empty feelings • Hopeless or helpless feelings • Thoughts to hurt self or others • Unable to get out of bed • Unable to sleep • Not eating at all or too much • Unable to take medications or keep doctor appointments 	<p>Act NOW!</p> <ul style="list-style-type: none"> • You need to be seen <u>right away</u> • Actions: <ul style="list-style-type: none"> ○ Call your doctor <hr style="width: 20%; margin-left: 40px;"/> <p style="text-align: center; margin-left: 40px;"><i>(doctor's phone number)</i></p> ○ Or call Hotline: 1-800-273-8255 ○ Or go to the Emergency Department ○ Or call your home health clinician <hr style="width: 20%; margin-left: 40px;"/> <p style="text-align: center; margin-left: 40px;"><i>(agency's phone number)</i></p>

References: [National Institute of Mental Health, n.d.](#); [National Institute of Mental Health, 2016](#)