

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.

Take Action

Depression can make you feel hopeless, afraid, 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 important aspects of your condition and its treatment. Even if you're feeling better now, it's good to have on hand in case you face depression again.

Medication and Treatment Reminders

- Take your medication as directed.
- Therapy and medication won't start working immediately, so I need to give them time to take effect.
- I will tell my doctor about all medications I'm using to prevent drug interactions.
- If I notice my medication is causing side effects, I will talk to my doctor about it.
- I will not stop my medication without consulting my doctor.

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

Name _____ Dosage _____

Name _____ Dosage _____

Name _____ Dosage _____

Name _____ Dosage _____

My doctor is:

Name _____

Phone _____

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Take Action, continued

My therapist is:

Name _____

Phone _____

Other healthcare providers:

Name _____

Phone _____

Name _____

Phone _____

In Case of Emergency

If I feel that I'm at risk of hurting myself, I will:

- Immediately contact my doctor or therapist.
- Call the following people for support, in order of priority:

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____