



Check off items from the list below that you will be able to change or improve. Or you can write in your own action items.

Get the facts about depression

- Ask your doctor for information about depression
- Use credible online information resources, such as www.nimh.nih.gov/health/topics/depression/
- Recognize that depression is a serious medical illness and seek care to determine if you need treatment
- If you feel suicidal, call 1-800-273-TALK (8255) immediately

Get information about treatment options from your doctor

- Don't try to medicate yourself with drugs or alcohol
- Prepare yourself to meet with your doctor. Make a list of your symptoms, your medical history, all medications and vitamins you are taking, your family history of depression and any significant life events you have experienced
- Prepare a written list of questions to ask your doctor
- Participate in a dialogue with your doctor about which treatment option is best for you

Continue taking your prescribed therapy

- Continue with your prescribed therapy. Medications take time to work
- If you are having side effects, consult your doctor immediately

Maintain and build healthy relationships

- Get together with family and trusted friends regularly

Take care of yourself and stay physically active

- Get as much physical exercise as possible and participate in activities you enjoy
- Maintain personal grooming, eat a healthy diet and get plenty of sleep

Simplify your life

- Break big tasks into smaller steps that are achievable
- Plan your day and make a list of things you want to accomplish
- Reduce your obligations when possible. Give yourself permission to do less when you feel down

Other

1. Are the items that you have chosen achievable? Yes No

2. What will you do to make these changes? _____

3. When will you make these changes? _____