Depression Self-Care Plan

Date ______________

At your appointment today you and your healthcare team discussed your depression and made a plan for what to do next. These are notes on what you did and decided.

If your symptoms get worse or if you have thoughts of suicide contact your doctor or get immediate medical help.

Current testing status

- Coded PHQ-9 dated: ____________________________
- Lab work ordered by physician: ____________________________

Goals

Treatment goal: Full remission (PHQ-9 score of 5 or less)

Your goal. The goal you have set for your depression:

________________________

Self-care goals and monitoring options

Stick to your treatment plan.

☐ Take all medications as directed. Remember that you need to take your medication for 2 to 4 weeks before there may be a noticeable effect. Keep taking your medication, even if you feel better. Do not stop taking medication without checking with your doctor.

☐ Participate in counseling and care management.

☐ Have lab work completed as ordered by your doctor.

☐ Keep all follow-up appointments.

Maintain supportive relationships.

☐ Understand your natural style of asking for and accepting help.

☐ Talk with a friend every day.

☐ Attend scheduled events.

☐ Leave the house at least once a day.

Make time for spirituality and pleasurable activities.

☐ If spirituality has been important to you in the past, include it in your current routine.

☐ Commit to a pleasurable activity every day, even if you don’t feel like it.

Self-management

We discussed changes you can make that will help manage your depression.

☐ How important are these changes to you? (1-10): _____

☐ How confident are you that you can make these changes? (1-10): _____

☐ Who do you usually talk to or go to for help when you do not feel well or you are distressed? ______________

☐ What would help you reach your goals? ______________

Sign up and activate Intermountain MyHealth account to review your lab results and health records, and to communicate with your doctor as needed.

Local resources:

Care manager or health educator: ______________

Local clinic phone and website: ______________

Other consultants or providers: ______________

Healthy behaviors

☐ Get proper nutrition. Drink plenty of water and eat at least 5 fruits and vegetables per day.

☐ Physical activity. Get 30 to 45 minutes of moderate-intensity physical activity 3 to 5 days a week.

☐ Get 7 to 9 hours of sleep each night. Stick to a schedule for going to bed and getting up.

☐ If you are a smoker, stop. Avoid second-hand smoke.

☐ Avoid alcohol.

________________________
Patient education
Write the date you received each resource:

- Intermountain Depression booklet
  (8-page color handout): ___/___/____
- Mental Health Integration brochure
  and/or packet: ___/___/____
- Referral to counseling, consultants,
  specialty, or other providers: ___/___/____
  Name:_____________________________________
  Phone:__________________________
  Most recent visit:__________________________
- Personalized Primary Care
  Medical Home brochure: ___/___/____

Resources
- [www.intermountainhealthcare.org/mentalhealth](http://www.intermountainhealthcare.org/mentalhealth) (includes education, handouts, tools, and a list of national and local resources)
- NAMI (National Alliance on Mental Illness)
  [www.namiut.org](http://www.namiut.org) (offers support groups and classes)
- Davis Behavioral Health [www.dbhutah.org](http://www.dbhutah.org) (Phone 801-773-7060)
- Books:
  - *Feeling Good* by David Burns
  - *Mind Over Mood* by Dennis Greenberger and Christine Padesky
  - *Thoughts & Feelings: Taking Control of Your Moods and Your Life* (workbook) by Matthew McKay, Martha Davis, and Patrick Fanning.
- [www.parentsmedguide.org](http://www.parentsmedguide.org)
- [www.questforwhatsbest.info](http://www.questforwhatsbest.info) (information focused on the school)