



MY DEPRESSION SELF-MANAGEMENT PLAN

DATE _____

PATIENT'S NAME _____

NEXT VISIT _____

PROVIDER NAME/NUMBER _____

GREEN ZONE

I FEEL GREAT!



In the Green Zone, I am:

- Energetic.
- Feeling liked by others.
- Happy and hopeful about my life in general.
- Able to sleep.
- Eating normally.

I take this medicine EVERY DAY to keep my symptoms in CONTROL:

1. _____
(NAME OF MEDICINE)
____ (DOSE),
____ times a day.
2. _____
(NAME OF MEDICINE)
____ (DOSE),
____ times a day.
3. _____
(NAME OF MEDICINE)
____ (DOSE),
____ times a day.

What I can do:

- Take my medicine(s) daily.
- Go to my health-care provider regularly.
- Not use alcohol, tobacco, illegal drugs, or drugs that do not belong to me.
- Talk to friends and family about what is going on in my life.
- Participate with friends, family, and other activities.

YELLOW ZONE

MY SLEEP TIME AND APPETITE HAVE CHANGED, AND I FEEL ALONE.



In the Yellow Zone, I:

- Find it hard to focus.
- Notice changes in sleep time or appetite.
- Feel angry.
- Cannot stop crying.
- Have poor grades.

What I can do:

- Talk to a parent, friend, or counselor.
- Keep up with my hobbies or sports.
- Keep a regular schedule.

CALL MY HEALTH CARE PROVIDER WHEN:

- Medicines have not been helping me.
- I feel worthless.
- I have not slept for 3 to 4 days.
- I gained or lost weight.

RED ZONE

I AM HAVING A CRISIS.

In the Red Zone, I:

- Do not want to go to school.
- Am angry and want to hit someone.
- Have thoughts about suicide or homicide.
- Hear voices and/or think unusual things.

DANGER ZONE: Call your doctor immediately or go to the nearest emergency center. Suicide Prevention Lifeline: 1-800-273-8255.

QUESTIONS?

- 24/7 Texas Children's Health Plan Nurse Helpline: 1-800-686-3831
- 24/7 Texas Children's Health Plan Behavioral Health Helpline: Medicaid/STAR: 1-800-731-8529; CHIP: 1-800-731-8528; STAR KIDS: 1-844-818-0125
- Member Services: Medicaid/STAR: 1-866-959-2555; CHIP: 1-866-959-6555; STAR KIDS: 1-800-659-5764

References:

- 1. American Academy of Child & Adolescent Psychiatry (2018). Depression in Children and Teens. Retrieved from www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Depressed-Child-004.aspx