



My Depression Care - Zone Sheet

Crisis Text Line: *text* 741741

Suicide Lifeline: 1-800-273-8555

**Hendricks County
Health Partnership**

**Behavioral Health Professional's
Phone #:** _____

(Providers: please fill in when you share this sheet with your client.)

Green Zone: All clear - Goal zone - Your depression is under control if:

- Daily activities are easy to complete
- More good days than bad days
- No trouble sleeping
- Steady appetite
- Feeling hopeful
- Able to concentrate
- Having some fun/pleasure
- Taking medications regularly and keeping doctor appointments

Actions: Keep up the good work.

- Symptoms are under control. No action required.
- Continue making your mental and physical health a top priority in your day-to-day.

Yellow Zone: Caution - Call your provider now if you have:

- Sad mood most of the time
- Less interested in food
- Trouble sleeping
- Harder to have fun or experience pleasure
- Feeling more annoyed and angry
- Less interested in daily activities and chores
- Not taking medications regularly or keeping doctor appointments
- Feeling more anxious
- Harder to concentrate

Actions: Call your provider now.

- Write down or talk about how you are feeling.
- Double-check your medication schedule.
- Talk to your loved ones or someone you trust.
- Try to do something relaxing.
- Follow your personal safety plan.

Red Zone: Alert - You need to get help NOW if you have:

- Overwhelmed by feelings of sadness or despair
- Feeling hopeless
- Feeling helpless
- Unable to leave your bed
- Unable to sleep
- Thoughts of harming or killing yourself
- Stopped eating
- Unwilling to take medications regularly or keep doctor appointments

Actions: Call 911 or get to the ER now!

- You need to get professional help right now. If you can, go to a safe location until help arrives. Follow your personal safety plan.
- Ask someone you love and trust to stay with you right now until the crisis passes. Isolation is the worst thing for you.