

# Wellness plan for depression

A **wellness plan for depression** can help you understand your own warning signs for depression. These warning signs are different for each person. A wellness plan can also help you get help sooner and remind you what has worked for you to feel better.

- Fill out this form with your care manager.
- Put it where you see it every day.
- If you see signs of depression coming back, use this wellness plan.

## My medicines:

Name of medicine	How much to take	When to take

## My depression warning signs are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Things that help me feel better:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## If I start feeling worse or for any questions, I can call:

- my main doctor at \_\_\_\_\_
- my behavioral health provider at \_\_\_\_\_
- a hotline at 1-800-LIFENET or 1-800-543-3638