**Depression Management ZONES**

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| **GREEN ZONE** | **ALL CLEAR (GOAL)**   * Feeling hopeful * Not sad or gloomy * Able to concentrate * No trouble sleeping * Good appetite | **Doing Great!**   * Your symptoms are under control * Actions:   + Take medicines as ordered   + Do fun and interesting activities   + Keep regular sleep habits   + Keep all doctor appointments |
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| **YELLOW ZONE** | **WARNING**  **If you have any of the following:**   * Sad mood most of the time * More anxious, irritable, angry, and/or feeling empty * Less interested in doing daily activities * Trouble sleeping or sleeping too much * Unable to have fun or pleasure * Hard to concentrate * Less interested in food or eating too much * Missing or not taking medications * Missing health appointments | **Act Today!**   * You may need your medicines changed * Actions:   + Set small goals   + Try to exercise   + Be around people who care about you * Call **your** **home health clinician**   *(agency’s phone number)*   * + Or call **your doctor**   *(doctor’s phone number)* |
| **RED ZONE** | **EMERGENCY**   * Overwhelmed by anxious, irritable, angry, or empty feelings * Hopeless or helpless feelings * Thoughts to hurt self or others * Unable to get out of bed * Unable to sleep * Not eating at all or too much * Unable to take medications or keep doctor appointments | **Act NOW!**   * You need to be seen right away * Actions:   + **Call your doctor**   *(doctor’s phone number)*   * Or call Hotline: **1-800-273-8255** * **Or go to the Emergency Department** * **Or call your** **home health clinician**   *(agency’s phone number)* |

*References:* [*National Institute of Mental Health*](http://www.nimh.nih.gov/health/publications/depression/index.shtml)*, n.d.;* [*National Institute of Mental Health*](https://www.nimh.nih.gov/health/topics/depression/index.shtml)*, 2016*

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