**Depression Management ZONES**

[Add Your
Agency’s Logo]

| **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
 |
| --- | --- | --- |
| **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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