



My depression goals— What are they?

You are the most important person in the effort to treat depression. Choose one or more goals you are ready to work on now.

Goal 1 Doctor Visits

- I will keep my doctor visits.
- I will tell my doctor if I have trouble taking my medicine as directed.

Goal 2 Talk Therapy

- I will talk to a therapist or support group.
- I will go to my regular office visits.

Goal 3 Medicines

- I will take my medicine(s) as directed by my doctor.
- I will call my doctor if I have any problems with my medicines.
- I will ask my doctor or pharmacist when I don't understand.

Goal 4 Taking Care of Myself

- I will keep a regular schedule. This includes eating, exercising, and sleeping.
- I will learn ways to reduce stress—exercise, relaxation, reading, yoga, meditation, or prayer.
- I will avoid street drugs and alcohol.

Goal 5 Keeping a Journal

- I will keep track of my thoughts and feelings every day.

Goal 6 Asking for Help

- I will talk about how I feel to people I care about.
- I will join a depression support group.
- I will ask for help from my family, trusted friends, and health care providers when I need it.
- I will call my doctor right away if my symptoms get worse.
- I will talk to my doctor right away if street drugs or alcohol are a problem for me.

EMERGENCY: Call 911 if you have thoughts of death or suicide.

