



My Depression Goals— What Are They?

You are the most important person in the effort to treat depression. Talk with your doctor to help you 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 medicines 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, such as exercise, relaxation, and reading.
- 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 healthcare 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 hurting yourself or committing suicide.

Write down the most important thing you want your treatment plan to do for you:
