

Depression Action Plan – Collaborative Clinical Care Guide

This plan helps you recognize signs of depression during your recovery.

The three “zones” – green, yellow, and red – list symptoms you may experience during treatment. These may change day to day. Be ready. Watch for the signs listed in each zone. And ask someone close to you to participate in your plan.

Name: _____ Date: _____ Medication(s): _____

Zone	Status	Symptoms	Actions
Green	<p>Green means stable.</p> <p>You can manage your depression.</p>	<ul style="list-style-type: none"> ○ You have well-controlled symptoms. ○ You take part in your regular activities. ○ You sleep routinely and feel rested. ○ You can enjoy things you do. ○ You have the energy to do the things you need to do. ○ You take care of yourself and take time for your well-being each day. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take medications as directed and at the same time each day. Set an alarm or another notice, as needed. <input type="checkbox"/> Follow the treatment plan you set with your health care provider. <input type="checkbox"/> Get enough exercise, nutritious food, and sleep. <input type="checkbox"/> Fill your medication on time each month. Once stabilized on medication, consider a 90-day mail-order pharmacy. <input type="checkbox"/> When starting a new antidepressant medication, make a follow-up appointment with your provider. (It may be in seven to 10 days, or as your provider advises). <input type="checkbox"/> Prepare to talk about any symptoms, side effects, and mood changes during your follow-up appointments. <input type="checkbox"/> Avoid alcohol and drugs.
Yellow	<p>Yellow means CAUTION.</p> <p>Given your urgent symptoms, you should see your provider as soon as you can.</p>	<ul style="list-style-type: none"> ○ You have depressive symptoms more often. You may have changes in sleep, appetite, pleasure, or energy. You may even have suicidal thoughts. ○ You can't take care of your responsibilities such as bathing, cooking, or cleaning. You may struggle to fill or take medications. ○ Your coping skills decline. You're often crying, angry, or feeling numb. ○ Your treatment isn't meeting your care plan goals. 	<ul style="list-style-type: none"> <input type="checkbox"/> Understand your medication and its potential side effects. Know the dose, when to take it, and how long you're supposed to take it. <input type="checkbox"/> Keep taking your medication until you speak with your provider for guidance. Due to the risk of withdrawal, keep taking your medication even if you feel better. <input type="checkbox"/> Call your primary care provider (PCP), therapist, and support network for guidance if you have repeated symptoms of unmanageable depression. <input type="checkbox"/> Talk with your pharmacist as you pick up your medication. Review potential side effects and how to manage expected side effects.
Red	<p>Red means high RISK.</p> <p>These are crisis symptoms. Seek help right away.</p> <p>Talk with your provider right away or call 911.</p>	<ul style="list-style-type: none"> ○ You're having suicidal or homicidal thoughts. You may have intent or even a plan to harm yourself or others. ○ You engage in self-injury compulsively. ○ You can't tolerate the side effects of your treatment. You want to stop your medication right away. 	<ul style="list-style-type: none"> <input type="checkbox"/> Call your PCP/psychiatrist/therapist right away at (also noted in “contact numbers” on Page 2): <input type="checkbox"/> Call the Cigna/Evernorth Behavioral Support Line at 800.274.7603, Option 1, and a behavioral health specialist will assist you. <input type="checkbox"/> If this is a psychiatric emergency, call 911 or call or text the Suicide & Crisis Lifeline at 988. Or, have a friend or family member take you to the Emergency Department right away. <input type="checkbox"/> You should not stop certain medications abruptly. Your provider may want to help with the transition. Explore other treatment options with your provider.

Resource Management

Contact numbers

Friends and support system:

List three people you can call for **support**, along with your providers. Include their names and phone numbers.

Contact 1:

› _____

Contact 2:

› _____

Contact 3:

› _____

PCP:

› _____

Psychiatrist:

› _____

Therapist:

› _____

24/7 emergency resources

Suicide & Crisis Lifeline

Call or text **988** OR visit 988lifeline.org to chat with a person online.

The Trevor Project

Visit thetrevorproject.org. You can find trained counselors who support LGBTQ young people. These young people may be in crisis or feeling suicidal. Or they may simply need a safe and judgement-free place to talk.

To find Behavioral Health Benefit information, you have two options:

1. Visit myCigna.com® or use the myCigna® App to get on-demand support.
2. Call the toll-free number on your Cigna ID card or the Cigna 24-hour Information Line at **800.244.6224**.

Comments and next steps:

1. _____

2. _____

3. _____

Reviewed by:

_____ **MD/RN/therapist** (circle one) **Date:** _____

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