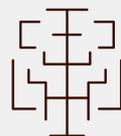


My priorities for managing my depression

Depression

This is a planner to help you prepare for your next visit to your doctor, mental-health nurse or other member of your healthcare team.



neurotorium



How much different do you feel since the last time you visited your healthcare provider?

Empty text area for user response.

Your priorities

Think about the top 3 things that you want to discuss with your healthcare provider during your visit. What do you want to tell, or learn from, your healthcare provider? This could be in relation to your treatment plan, your feelings, side effects that you are experiencing with your medication or how to manage your symptoms.



Priority 1

Empty text area for Priority 1.

Priority 2

Empty text area for Priority 2.

Priority 3

Empty text area for Priority 3.

Your symptoms and how you feel

It's very useful to keep track of your feelings and symptoms to identify whether their occurrence has changed over time. To help you manage your disease, it's useful to recognise the signs you are unwell.

In this section, note whether you have experienced any of the following symptoms since your last visit, how bothersome they are, if they are getting worse and whether you have noticed a change in their occurrence. It's important that you provide an honest account, even if the symptoms are mild or do not occur often.

 Symptoms	Experience of this symptom (Yes/No)	How bothersome is it? Is it getting worse?	Occurrence and is it happening more often?
Feeling down, depressed or hopeless			
Feeling bad about yourself – that you are a failure or having a lot of guilt			
Difficulty in concentrating on things or making decisions			
Little interest or pleasure in doing things			
Poor appetite, overeating or considerable weight changes			
Feeling tired or having little energy			
Trouble in falling or staying asleep, or sleeping too much			
Moving or speaking slowly, so that other people have noticed, or being so restless that you've been moving around a lot			
Thoughts that you would be better off dead or of hurting yourself in some way			

Note any other symptoms you may have had over the past few weeks and how often they occur. If a troubling new symptom happens, tell your healthcare provider immediately – do not wait until your next visit.

 Other symptoms/aspects affecting daily activities	Occurrence (eg, multiple times each day, once a day, every other day, once a week, etc)

Describe any changes you have made to your lifestyle since your last visit. These could be changes to your diet, your activity levels, starting a hobby or joining a support group.

 Changes I have made to my lifestyle

Your medications

Record any medications you are taking for depression, indicating whether you feel they are working, as well as describing any side effects that you may have experienced with them.

It's important to talk with your healthcare team before you consider stopping any of your prescribed treatments for depression.

 Prescribed medications for depression, dosage and frequency	Notes (Do you feel that the medication is working? Have you had any side effects?)

 Other prescribed medications, dosage and frequency	Notes

 Non-prescribed medications, dosage and frequency (eg, vitamins and herbal or dietary supplements, drug use)	Notes



Your therapy sessions

Detail any therapy sessions you are involved in and whether you feel these are useful for you.

 Therapy I am being given	Notes (Do you feel that it is working? Do you think it is useful?)

Questions for your healthcare provider

Write down any questions you may want to ask your healthcare provider at your next visit.

 Questions for my healthcare provider (eg, you may want to ask about other treatment options you have come across or more information about depression)



During your visit, take notes of anything that you think is important here.



**Visit notes (What was discussed? How and when to take your medications?
What happens next?)**

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