

# Depression Management ZONES

Insert Agency's  
Logo

<b>GREEN ZONE</b>	<p><b>ALL CLEAR (GOAL)</b></p> <ul style="list-style-type: none"> <li>• Feeling hopeful</li> <li>• Not sad or gloomy</li> <li>• Able to concentrate</li> <li>• No trouble sleeping</li> <li>• Good appetite</li> </ul>	<p><b>Doing Great!</b></p> <ul style="list-style-type: none"> <li>• Your symptoms are under control</li> <li>• Actions:             <ul style="list-style-type: none"> <li>○ Take medicines as ordered</li> <li>○ Do fun and interesting activities</li> <li>○ Keep regular sleep habits</li> <li>○ Keep all doctor appointments</li> </ul> </li> </ul>
<b>YELLOW ZONE</b>	<p><b>WARNING</b></p> <p><b>If you have <u>any</u> of the following:</b></p> <ul style="list-style-type: none"> <li>• Sad mood most of the time</li> <li>• More anxious, irritable, angry, and/or feeling empty</li> <li>• Less interested in doing daily activities</li> <li>• Trouble sleeping</li> <li>• Unable to have fun or pleasure</li> <li>• Hard to concentrate</li> <li>• Less interested in food</li> <li>• Missing or not taking medications</li> <li>• Missing health appointments</li> </ul>	<p><b>Act Today!</b></p> <ul style="list-style-type: none"> <li>• You may need your medicines changed</li> <li>• Actions:             <ul style="list-style-type: none"> <li>○ Set small goals</li> <li>○ Try to exercise</li> <li>○ Be around people who care about you</li> <li>○ <b>Call your home health nurse</b></li> </ul> <hr style="width: 20%; margin-left: 0;"/> <p style="margin-left: 20px;"><i>(agency's phone number)</i></p> <li>○ <b>Or call your doctor</b></li> </li></ul> <hr style="width: 20%; margin-left: 0;"/> <p style="margin-left: 20px;"><i>(doctor's phone number)</i></p>
<b>RED ZONE</b>	<p><b>EMERGENCY</b></p> <ul style="list-style-type: none"> <li>• Overwhelmed by anxious, irritable, angry, or empty feelings</li> <li>• Hopeless or helpless feelings</li> <li>• Thoughts to hurt self or others</li> <li>• Unable to get out of bed</li> <li>• Unable to sleep</li> <li>• Not eating at all</li> <li>• Unable to take medications or keep doctor appointments</li> </ul>	<p><b>Act NOW!</b></p> <ul style="list-style-type: none"> <li>• You need to be seen <u>right away</u></li> <li>• Actions:             <ul style="list-style-type: none"> <li>○ <b>Call your home health nurse</b></li> </ul> <hr style="width: 20%; margin-left: 0;"/> <p style="margin-left: 20px;"><i>(agency's phone number)</i></p> <li>○ <b>Or call your doctor</b></li> </li></ul> <hr style="width: 20%; margin-left: 0;"/> <p style="margin-left: 20px;"><i>(doctor's phone number)</i></p> <li>○ <b>Or go to the Emergency Department</b></li>

References: ([National Institute of Mental Health](#), n.d.; [A.D.A.M. Medical Encyclopedia](#), 2013; [Kroenke, Spitzer, & Williams](#), 2001)



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