

Mental Health

Mental health is a person's emotional and psychological well being. It can change how a person thinks, feels and acts.

Symptoms include:

- Eating changes
- Loss of interest in things you enjoyed
- Mood changes
- Not feeling connected to yourself or environment
- Problems thinking
- Sleep changes
- Strong nervous feeling

Every day you must:

1. Get plenty of sleep.
2. Try to exercise.
3. Talk to family and friends.
4. Write in a journal about your feelings.
5. Take your medicine (If your doctor prescribed you any).

Which zone are you in today?

Green Zone (All Clear)

- You are sleeping well and exercising
- You are staying connected to family and friends
- You do not feel stressed
- You feel happy

Green Zone indicates:

Your symptoms are under control. You should keep taking your medications (if the doctor prescribed you any), keep doing everything listed above and keep all doctor appointments.

Yellow Zone (Caution)

- Feeling a little down
- Feeling down, but can do your job, housework or schoolwork
- Feeling down, but can take care of yourself or take care of others
- Some trouble sleeping

Yellow Zone indicates:

Mild symptoms that have lasted for less than 2 weeks. If you have tried the every day activities, your symptoms may mean you need to call your doctor or your therapist.

Doctor's Phone Number:

Mental Health Therapist's Phone Number:

Red Zone (Medical Alert)

- Much trouble sleeping
- Not able to think
- Not eating at times
- Not enjoying the things you love
- Not taking care of yourself
- Thinking about self-harm

Red Zone indicates:

Severe symptoms that have lasted for 2 weeks or more. Call your doctor or therapist right away. If they can't be contacted, call 911.

Doctor's Name:

Doctor's Phone Number: