

DEPRESSION MONITOR

➤ VISUAL TOOL

➤ SIMPLE LANGUAGE

➤ IDENTIFY NEEDS

➤ SELF SUPPORT

Depression Monitor



I'm feeling sad every now and then.
This has only been going on for a few days.
I have strategies and support from others
to help me with my troubles.

1



I'm feeling gloomy sometimes.
This has been going on for about two weeks.
I can identify what is bothering me
and get help from others with my concerns.

2



I'm feeling a lot of despair.
This has been happening for over two weeks.
I need support from others to help me
with a treatment plan for my mental health.

3



I'm feeling worthless almost always and every single day.
This has been happening for a month or longer.
I need to tell a trusted adult what I am
experiencing so I can receive ongoing assistance.

4



I'm feeling completely hopeless constantly.
This has been happening for so long I can't
remember feeling any other way.
I need help. I deserve it.

5



Caroline Koehler

DEPRESSION MONITOR TOOLS

Depression Monitor		
sadness 	1 I feel distracted by sadness every now and then. My energy changes based on my thoughts.	I have temporary thoughts about my troubles. This has been happening for a few days.
gloom 	2 I feel restless sometimes when thinking of my problems. I have trouble focusing.	I have repeated thoughts about my problems and worries. This has been happening for about two weeks.
despair 	3 I feel tired and slow a lot when I must do anything. My mood is often low and uneasy.	I have upsetting reactions to my thoughts which make me feel agitated. This has been happening for more than two weeks.
misery 	4 I feel worthless almost always and every day. I don't want to do things I used to enjoy anymore.	I have distressing thoughts affecting my mind and body. This has been happening for a month or longer.
hopelessness 	5 I always feel unable to function. I feel trapped. I don't want to live.	I have overwhelming burdens tormenting my mind and body. This seems like I've always felt this way.

Ways to Help Depression

Exercise

Move your body



your mood.

Eat Healthy

Fill your body with



healthy food and avoid greasy and sugary food.

Relaxation Apps

Listen to free relaxing



music or relaxation apps.

Journal

Write your thoughts



down and then shred the paper when you're finished.

Speak to a Therapist

Get support from a



mental health professional.

Develop

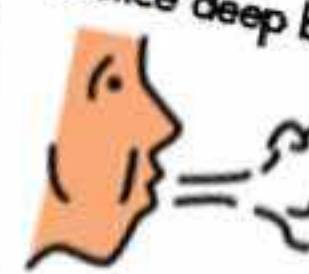
Create



to make sure proper amount

Breathe

Practice deep breathing



throughout your day to increase your oxygen

Communicate

Talk to others



for directions and suggestions.

Get up

Get up from



others you can relate to.

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	I'm feeling completely hopeless constantly. This has been happening so long I can't remember how I used to feel. I need to talk to a professional to get the help I deserve.	5



Caroline Koehler

DEPRESSION MONITOR TOOLS

Symptoms of Depression

Negative Emotions

You often feel moody, sad, and alone.

Lack of Energy

Your energy level is very low.

Change in Activities

You no longer feel like doing activities that you used to enjoy.

Sleeping Changes

You don't sleep typically but either sleep too little or too much.

Body Changes

Your weight has changed with major losses or gains.

Unable to Concentrate

You often struggle to focus on anything besides your worries.

Physical Pains

Your body has pains that aren't from a physical illness or injury.

Withdrawing

You no longer talk to or connect with others.

Thinking of Death

You think of dying or suicide often.

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Ways to Help Depression

Exercise

Move your body to increase your mood.

Eat Healthy

Fill your body with healthy food and avoid greasy and sugary food.

Develop a Sleep Schedule

Create a routine to make sure you get a proper amount of rest.

Communicate

Talk with others to make connections and find solutions.

Relaxation Apps

Listen to free relaxing music or relaxation apps.

Breathe

Practice deep breathing throughout your day to increase your oxygen.

Find a Group

Establish support from others you can relate to.

Journal

Write your thoughts down and then shred the paper when you're finished.

Speak to a Therapist

Get support from a mental health professional.

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A decorative desk area featuring a pair of scissors, several markers, and a motivational sign that reads "IN CASE NO ONE TOLD YOU TODAY, YOU'RE A Great TEACHER".

 Caroline Koehler

DEPRESSION MONITOR TOOLS



Ways to Help Depression

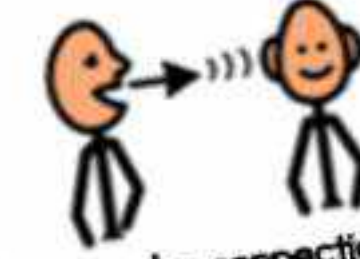
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Move your body
to increase your mood.



Eat Healthy
Fill your body with
healthy food and avoid
greasy and sugary food.



Communicate
Talk with others
to make connections
and find solutions.



Relaxation Apps
Listen to free relaxing

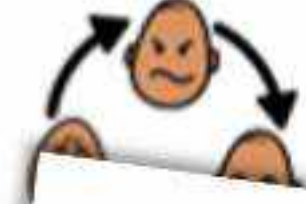


Find a Group
Establish support for
others you can rely on.

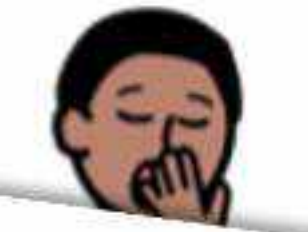


Symptoms of Depression

Negative Emotions
You often feel



Lack of Energy
Your energy level



Change in Activity
You no longer



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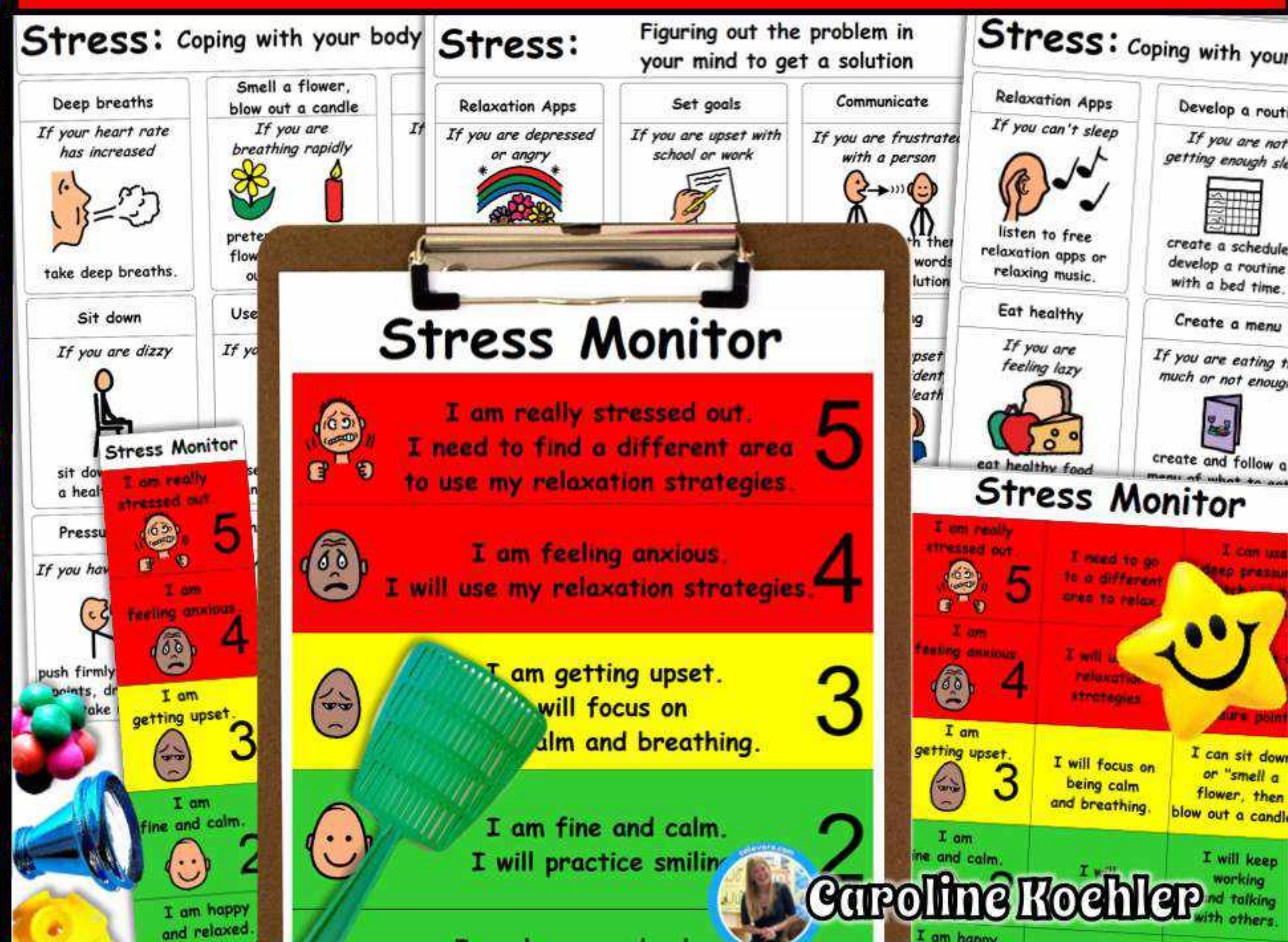


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BEHAVIOR CRISIS PLAN TEMPLATES



STRESS MONITOR MANAGE ANXIETY



RELATED RESOURCES