



## My First Aid & Elevating Symptoms of Depression

To better understand your Depression and what elevates the symptoms of Depression, develop your own Depression First Aid. As soon as you notice the early warning signs of Depression, refer to this list to elevate some of the debilitating symptoms and intervene effectively before they increase.

<input checked="" type="checkbox"/>	<b>As soon as I notice early warning signs of my Depression, I will...</b>
<input type="checkbox"/>	I will call my GP / Doctor to make the first available appointment to discuss my concerns: My GP _____ phone: _____
<input type="checkbox"/>	I will call my Psychologist to organise a session to talk about the symptoms of my Depression: My Psychologist _____ phone: _____
<input type="checkbox"/>	I will review my self-care plan, and start using strategies that were helpful in the past.
<input type="checkbox"/>	If I am concerned about my immediate wellbeing I will call: <b>Emergency Services 000 or Lifeline 13 11 14.</b>
<input type="checkbox"/>	I will review therapeutic strategies that were helpful in the past (such as, CBT strategies to check my unhelpful thinking patterns, Mindfulness exercises and so on)
<input type="checkbox"/>	I will reach out to the people I trust and ask for their help: I can ask for help _____ phone: _____
<input type="checkbox"/>	I will let others help me, even if it feels that no one can help me.
<input type="checkbox"/>	I will remind myself that even the strongest of my uncomfortable feelings will pass.
<input type="checkbox"/>	I will look after myself even if I don't feel like doing it.
<input type="checkbox"/>	I will focus on each day at a time.
<input type="checkbox"/>	I will focus on each task at a time.
<input type="checkbox"/>	If a task is difficult I will break it down into manageable bits.
<input type="checkbox"/>	I will acknowledge every effort I make to overcome Depression.
<input type="checkbox"/>	I will remind myself that routine is important.
<input type="checkbox"/>	I will get outside in the sunlight as much as possible.
<input type="checkbox"/>	I will exercise (as much as I can, if movements are restricted).
<input type="checkbox"/>	I will check stressors in my life and reduce as many as I can.
<input type="checkbox"/>	I will eat nutritious and healthy food.
<input type="checkbox"/>	I will do something that makes me feel good.
<input type="checkbox"/>	I will engage in activities that lift up my mood – read a funny story / watch a comedy / play with my dog.
<input type="checkbox"/>	I will review my strategies and seek further help to focus on what is helpful in overcoming Depression.
<input type="checkbox"/>	I will remind myself that Depression will pass, I am taking steps to overcome it, it will pass.
<input type="checkbox"/>	<i>Other (describe):</i>

What are the first three steps that you will take to address your early signs of depression



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