

Mood and Your Health

- Be physically active
- Find ways to relax
- Eat a healthy diet
- Spend time with people who support you
- Take medicines as prescribed
- Make time for things you enjoy every day

Green Flags — All Clear



If you:

- Feel positive
- Have a good appetite
- Sleep well
- Take medicines as prescribed

What this means ...

- Your symptoms are under control
- Continue taking medicines as ordered
- Good for you!

Keep up the good work!

Yellow Flags — Caution



If you have:

- Decreased interest or joy in doing things
- Felt down, blue, sad, or hopeless
- Difficulty sleeping
- Increased or decreased appetite
- Difficulty concentrating
- Decreased energy/feel fatigued
- Changes in your mood

If taking medication for depression and have:

- Dry mouth
- Diarrhea or constipation
- Headaches
- Nausea and/or vomiting
- Restlessness
- Weight gain

What this means ...

- You may have low mood or depression
- You may need treatment or if receiving counseling and/or taking medicines, your treatment or medicine may need to be changed
- You could be having a side effect to the medicine or your medicine may need to be changed.

Call your doctor, consulting nurse, or health care provider if symptoms do not improve.

Name:

Number:

Instructions:

If you notice a Yellow Flag, work closely with your health care team.

Red Flags — Stop and Think



If you:

- Have felt hopeless, helpless, overwhelmed, are unable to get out of bed or unable to sleep
- Have stopped taking medications or are missing doctor or mental health appointments
- Have thoughts of death or feel like harming yourself or others

What this means ...

You need to be evaluated by a health care professional immediately.

If possible, notify your health care provider's office.

Name:

Number:

Follow these instructions: **CALL 9-1-1**

If you notice a Red Flag, CALL 911. Emergency!

Mood and Depression Fast Facts

- Depression is a medical condition that can make you feel and act differently than you normally do. If you feel sad, angry, and irritable, lose interest in activities you usually enjoy, feel hopeless, worthless, have trouble sleeping or sleep too much, lose energy, or feel tired all the time, have difficulty concentrating, remembering, or making decisions, you could have depression.
- There are many types of treatments available and your health care provider will help you choose the best treatment for you, including taking prescription medications and receiving counseling.
- Prescription medications can often help you recover from depression more quickly, and some people begin to feel better within the first few weeks of treatment; however, everyone reacts differently to medication, so it may take time to find out what medication works best for you.
- Though medicines prescribed by your health care provider or mental health provider can have side effects, do not stop medicines without first checking with your medical or mental health provider. Stopping medicines abruptly can cause withdrawal symptoms. Some side effects go away after you have been taking the medicine for a few weeks, and some may not go away. If the side effects bother you, talk with your health care provider.
- It's best to avoid combining medications for depression and alcohol. It may worsen your symptoms, and in some cases, it can be dangerous. Your thinking and alertness may be impaired and it will affect your coordination, judgment, and reaction time (motor skills) more than alcohol alone. Some combinations may make you sleepy. This can impair your ability to drive or do other tasks that require focus and attention.

What can you do?

- There are things you can do to help yourself feel better. Even if you don't feel like doing much, consider trying exercise or spend time with family or other loved ones.
- Keep to a regular sleep schedule.
- Avoid alcohol, and eat nutritious and balanced meals.
- Be open and honest with your health care provider about your feelings and symptoms. Work with your health care provider to choose the best treatment for you!

King County Crisis Line (24 hours)

206-461-3222
or 1-800-244-5767

Other Resources

- Depression and Bipolar Support Alliance: 800-826-3632
- Kristin Brooks Hope Center: 800-SUICIDE (784-2433)
- National Institute of Mental Health: 866-615-6464
- National Suicide Prevention Lifeline: 800-273-TALK (8255)
- Substance Abuse and Mental Health Administration Publications: 800-789-2647
- WomensHealth.gov: 800-994-9662 (TDD 888-220-5446)

Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail info@communitylivingconnections.org



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