



ANXIETY AND DEPRESSION ACTION PLANS




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CAROLINA PEDIATRICS





Anxiety Action Plan

 <p>GOOD</p> <p>Prevention</p>	<ul style="list-style-type: none"> - Sleeping and eating well - Feeling good about myself and others - Enjoying my daily activities - Able to identify my stressors and handle them well 	<ul style="list-style-type: none"> • Continue to get a good night's rest • Healthy diet and regular exercise • Increase enjoyable activities • If prescribed medications, continue to take them regularly • If seeing a counselor, be sure to continue appointments regularly • Practice relaxation and mindfulness (deep breathing, guided imagery, journaling, progressive muscle relaxation)
 <p>OKAY</p> <p>Feeling anxious</p>	<ul style="list-style-type: none"> - Having some trouble sleeping - Decreased appetite - Having anxious feelings more than normal - Having trouble enjoying my daily activities - Letting my stressors get to me and affect my daily life 	<ul style="list-style-type: none"> • Increase relaxation and mindfulness techniques listed above • Can try lotion to massage one's hands or a stress ball to squeeze • Distract your mind with mental exercises such as counting backwards • Consider phone apps or websites for help (several listed on our resource sheet) • Reach out to loved ones, family and friends to talk to about how you are feeling
 <p>BAD</p> <p>More anxious, feeling panic</p>	<ul style="list-style-type: none"> - Not sleeping at night - Not eating - Having scary thoughts about hurting myself or others - Staying away from friends and family members - Uninterested in my usual activities 	<ul style="list-style-type: none"> • Repeat yellow level activities • Take medication if prescribed • Continue counseling • Contact identified adult or loved one • Call a number below <p>Emergency Contacts:</p> <ol style="list-style-type: none"> 1. Emergency Services- 911 2. Carolina Pediatrics- (803)256-0531 3. Suicide LifeLine- 1-800-273-8255 4. Suicide Text Line – Text "HOME" to 741741 5. CCRI – 833-364-2274



Prevention

- Sleeping and eating well
- Feeling good about myself and others
- Enjoying my daily activities
- Able to identify my stressors and handle them well

- Continue to get a good night's rest
- Healthy diet and regular exercise
- Increase enjoyable activities
- If prescribed medications, continue to take them regularly
- If seeing a counselor, be sure to continue appointments regularly
- Practice relaxation and mindfulness (deep breathing, guided imagery, journaling, progressive muscle relaxation)

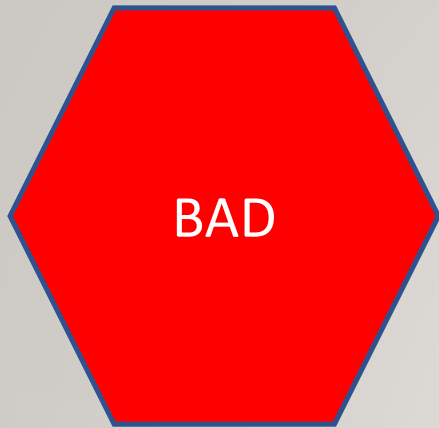


OKAY

Feeling
anxious

- Having some trouble sleeping
- Decreased appetite
- Having anxious feelings more than normal
- Having trouble enjoying my daily activities
- Letting my stressors get to me and affect my daily life

- Increase relaxation and mindfulness techniques listed above
- Can try lotion to massage one's hands or a stress ball to squeeze
- Distract your mind with mental exercises such as counting backwards
- Consider phone apps or websites for help (several listed on our resource sheet)
- Reach out to loved ones, family and friends to talk to about how you are feeling



More anxious,
feeling panic

- Not sleeping at night
- Not eating
- Having scary thoughts about hurting myself or others
- Staying away from friends and family members
- Uninterested in my usual activities

- Repeat yellow level activities
- Take medication if prescribed
- Continue counseling
- Contact identified adult or loved one
- Call a number below

Emergency Contacts:

1. Emergency Services- 911
2. Carolina Pediatrics- (803)256-0531
3. Suicide LifeLine- 1-800-273-8255
4. Suicide Text Line – Text “HOME” to 741741
5. CCRI – 833-364-2274

My Counselor is _____ Phone Number _____

My medication is _____

Anxiety Resources

Emergency Numbers:

1. 24/7 National Suicide Prevention Lifeline- 1-800-273-8255
2. 24/7 Crisis Text Line – Text “HOME” to 741-741
3. DMH Community Crisis Response & Intervention Access Line- 833-364-2274
4. Carolina Pediatrics- (803)256-0531

Counseling: *no referral required*

Dickerson Children’s Advocacy Center
Center
140 Gibson Rd
Lexington, SC 29072
(803)358-7233

Columbia Area Mental Health

2715 Colonial Dr #100
Columbia, SC 29203
(803)898-4800

Parent’s Responsibility:

Remove firearms, medications, and sharp objects from where they are accessible.

Websites:

www.eparent.com

www.heysigmund.com

www.childmind.org

www.understood.com

American Academy of Child and Adolescent Psychiatry www.aacap.org

Ways to Cope with Stress:

Healthy Children site from AAP: <https://www.youtube.com/watch?v=UI62RtdRHeU>

sesamestreetincommunities.org



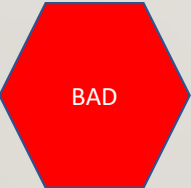
<https://kidshealth.org/en/parents/stress.html>

<https://www.apa.org/topics/children-teens-stress>

YOUR DEPRESSION ACTION PLAN

Name:

Effective Date:

	SYMPTOMS:	ACTION:
 <p>GOOD</p> <p>Prevention</p>	<ul style="list-style-type: none"> - Sleeping and eating well - Feeling good about myself and others - Enjoying my daily activities - Having a positive attitude - Able to talk with my friends and family 	<ul style="list-style-type: none"> • Continue to get a good night's rest • Healthy diet and regular exercise • Increase enjoyable activities • If prescribed medications, continue to take them regularly • If seeing a counselor, be sure to continue appointments regularly • Practice relaxation and mindfulness • Keep a positive attitude • Talk with a loved or trusted family member regularly
 <p>OKAY</p> <p>Feeling down</p>	<ul style="list-style-type: none"> - Having some trouble sleeping - Decreased appetite - Not feeling as good as I normally do - Having trouble enjoying my daily activities - Don't feel as comfortable talking about it 	<ul style="list-style-type: none"> • Repeat green level activities • Be sure to get into a steady routine • Set goals for yourself to achieve throughout each day • Increase water intake • Learn to curb negative thinking, practice positive thoughts • Keep up with little things such as household chores in order to enjoy daily activities
 <p>BAD</p> <p>More depressed, feeling sad</p>	<ul style="list-style-type: none"> - Not sleeping at night - Not eating - Having scary thoughts about hurting myself or others - Uninterested in my usual activities - Staying away from friends and family 	<ul style="list-style-type: none"> • Repeat yellow level activities • Take medication if prescribed • More frequent counseling • Contact identified adult or loved one • Call a number below <p>Emergency Contacts:</p> <ol style="list-style-type: none"> 1. Emergency Services- 911 2. Carolina Pediatrics- (803) 256-0531 3. Suicide LifeLine- 1-800-273-8255 4. Suicide Text Line- Text "HOME" to 741741 5. CCRI – 833-364-2274

Depression Resources

Emergency Numbers:

1. 24/7 National Suicide Prevention Lifeline - 1-800-273-8255
2. 24/7 Crisis Text Line – Text “HOME” to 741-741
3. CCRI Access Line- 833-364-2274
4. Carolina Pediatrics- 803-256-0531

Counseling: *No referral required*

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140 Gibson Rd
Lexington, SC 29072
(803)358-7233

Columbia Area Mental Health Center
2715 Colonial Dr #100
Columbia, SC 29203
(803)898-4800

Parent’s Responsibility:

Remove firearms, medications, and sharp objects from where they are accessible.

Websites:

NAMI: 1-800-788-5131 or www.namisc.org

Federation of Families: 1-866-779-0402 or www.fedfamsc.org

Family Connection/Pro-Parents: 1-800-578-8750 or www.familyconnections.org

AAP: www.healthychildren.org

www.childmind.org

www.heysigmund.org

www.understood.org

<https://www.youtube.com/watch?v=dfBavPAjnGU>

American Academy of Child and Adolescent Psychiatry www.aacap.org

**THANKS TIFFANY
AND EMILY!!**

