

Mental Health

<p>Every Day</p>	<ul style="list-style-type: none"> • Take all medications as ordered. Do not add any new medications or herbal supplements without checking with your doctor. • Eat a well-balanced diet including fruits and vegetables and plenty of fluids. • Avoid alcohol. • Avoid stressful situations. Practice relaxation techniques and controlled breathing. • Get plenty of rest.
<p>Green Zone</p>	<p>ALL CLEAR! You are at goal when in this zone and are considered stable.</p> <ul style="list-style-type: none"> • You are sleeping adequately • Your mood is stable • Your appetite is good and you are eating a balanced diet • You are coping with everyday life
<p>Yellow Zone</p>	<p>CAUTION!!! Call your doctor if you...</p> <ul style="list-style-type: none"> • are unable to take your medications (due to cost or side effects) • are not sleeping well or are sleeping too much • have no appetite or are experiencing weight gain or loss of more than 5 pounds • have trouble focusing or paying attention • are hearing voices or voices are getting worse • have trouble taking care of basic needs such as grooming or eating • have muscle spasms, restlessness, tremors, or rigidity • are withdrawing from others
<p>Red Zone</p>	<p>EMERGENCY!!! Call 911 or have someone take you to the Emergency Room if you:</p> <ul style="list-style-type: none"> • think you might hurt yourself or someone else • hear voices telling you to hurt yourself or others, destroy property, steal things

References:
www.medlineplus.gov

Key Contacts- Fill in numbers for:
 Primary Physician: _____
 Specialist: _____
EDDY VNA: Troy Office; (518) 274-6200;
Catskill Office; (518) 943-5530
 Other: _____