

Helpful Tips

Learn about your mood disorder medications and treatments.

Make doctor appointments stress-free by putting together a list of questions to ask the doctor and bring the tracker as a reference. Chart progress and problems. Keep records of symptoms, treatment and setbacks in the "Notes" section.

Encourage positive self talk.

Example: "My life is valuable and worthwhile, even if it doesn't feel that way right now."

Prepare for crisis. If depressive or manic symptoms become severe, make a safety plan. This could include calling a friend, family member, a doctor, crisis line or hospital.

Call the doctor about mood changes.

A simple change in treatment could prevent an episode from occurring. It's best to call the doctor immediately when symptoms of depression or mania begin to appear.

Stay positive about mood disorder treatment.

Medications, lifestyle changes and psychotherapy do work. It is common for individuals to try multiple medications and therapy approaches before finding the right fit. People with mood disorders can and do live stable, productive lives.



This tracker helps you monitor your mood on a daily basis. It provides a daily and monthly summary for you and your doctor as you review your treatment options.

re:MIND

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To make a donation, please visit our website.
www.remindsupport.org

Emergency Numbers in Houston

Harris Center Crisis Line
713.970.7600

Mobile Crisis Outreach Team
713.970.7520

HPD Mental Health Unit
713.970.4664



“This group has given me immense hopefulness and help in my life.”

-Participant

Mood Tracker

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DEPRESSION & BIPOLAR SUPPORT



