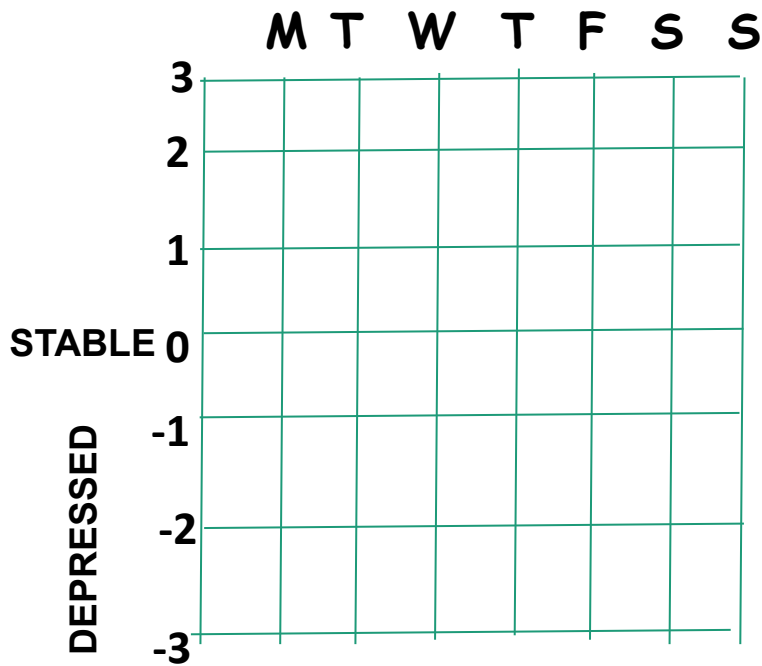


# Weekly MOOD TRACKER



TRIGGERS

SYMPTOMS

COPING STRATEGIES

# Treatment Plan

Doctor

Therapist

Coping Strategies

Non Negotiables

Medications

# Depression Crisis Plan

Doctor

Therapist

PLAN A

PLAN B

When To Implement

When To Implement

Who To Call

Who To Call

What To Do

What To Do

PRN Medication

PRN Medication

# Mania Crisis Plan

Doctor

Therapist

## PLAN A

## PLAN B

When To Implement

When To Implement

Who To Call

Who To Call

What To Do

What To Do

PRN Medication

PRN Medication