

DATE

Dear NAME,

With this letter, you'll find a copy of your Depression/Anxiety Self-Management Plan. We typically complete these with you when your depression and/or anxiety are stable and you aren't working on any active treatment or medication changes for the time being.

We recommend reviewing your Self-Management Plan on a monthly basis. This can help you to keep an eye out for warning signs that your symptoms may be worsening. It can also help you to stay on track with taking your medications and/or using your identified strategies that have helped you manage your depression or anxiety. Consider keeping this document in a place you might see each month; for example, some choose to keep this in the same place as where they pay their bills each month.

We know that depression and anxiety can come and go, so many people will see changes in their mood over time. If you notice your symptoms are worsening, don't hesitate to contact myself or the other clinicians identified on the bottom of your plan. We can then work together to review and adjust your treatment as necessary. We are here for you whenever you need us!

Sincerely,

BHCM NAME

CHC

Phone: () - | Email: