

# Behavioral Health stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: \_\_\_\_\_

Phone: \_\_\_\_\_



## Green Zone

### I'm feeling good.

- I can do my usual daily activities at home/work/school.
- My mood feels stable.
- I am sleeping normally.
- I am eating normally.
- I am able to concentrate.
- I am talking to friends and/or family.
- \_\_\_\_\_

## How I'll prevent symptoms today

### I will:

- Continue my regular exercise.
- Eat a healthy diet.
- Take medications as prescribed.
- Attend medical or behavioral health appointments.
- Participate in a self-care activity.
- \_\_\_\_\_



## Yellow Zone

### I'm not feeling good.

- I have less energy/interest for my daily activities at home/work/school.
- I am feeling more tired than normal.
- I don't feel like eating as I normally do.
- I am feeling more sad or anxious than usual.
- I am having trouble concentrating.
- I am feeling more irritable or angry.
- I feel like it would be better if I didn't wake up.
- I am struggling to talk with friends and/or family.

## Caution!

### Take action TODAY. I will:

- **Call/text National Suicide Prevention Lifeline (988).**
- Report these symptoms to my doctor/provider without delay.
- Call my doctor/provider if my symptoms do not improve.
- Take medications as prescribed.
- Avoid smoking, drugs, or alcohol.
- Participate in a self-care activity or call a support person.
- Use my safety plan or create a safety plan with my provider.
- Call local crisis resource: \_\_\_\_\_



## Red Zone

### I feel awful!

- I am having thoughts, making plans, or have a way to hurt myself.
- I am unable to get out of bed.
- I am feeling overwhelmed by my feelings.
- I am not eating.
- I am not sleeping or sleeping all the time.
- I am not taking prescribed medications.
- I am hearing or seeing things that have me concerned.
- My red zone symptom(s): \_\_\_\_\_

## Get help!

### Take action NOW:

- **Call/text National Suicide Prevention Lifeline (988).**
- **If you feel unsafe, CALL 911.**
- Take medications as prescribed.
- Call doctor/provider.
- Follow safety plan.
- While getting help, do this:

\_\_\_\_\_

\_\_\_\_\_

# Behavioral Health stoplight tool

Use the zone stoplight tool to keep track of how you are feeling from day to day. The goal is to live as many days as possible in the **Green Zone**, where you're feeling good and doing the things you want to do. The tool shows you actions to take on days when you're feeling good and on days when you're not feeling good.

**Please complete the medication list and the zone stoplight tool on this page with your doctor or healthcare provider.** Then, bring the zone stoplight tool with you every time you visit your doctor or provider so you can talk about it and update it together.

| Behavioral health medications<br>I take every day to stay healthy |              |                                   |                    |
|-------------------------------------------------------------------|--------------|-----------------------------------|--------------------|
| Name of medicine                                                  | What it does | How much to take and when to take | Other instructions |
|                                                                   |              |                                   |                    |
|                                                                   |              |                                   |                    |
|                                                                   |              |                                   |                    |
|                                                                   |              |                                   |                    |

[illegible]