

DISTINGUISHING DEPRESSION

FROM DEPRESSED

PURPOSE

Paying attention to the status of key depression indicators is important for establishing, implementing, and modifying a client-centred action plan. Assessing the indicators in a consistent way keeps the counsellor in the know regarding where things started, how things are progressing, or how things are digressing. This allows planning for the right interventions at the right time and knowing when more support is needed or when light challenges would be more useful.

AREA OF CONCERN	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Ability to Interact with Counsellor				
Appearance and Hygiene				
Daily Functioning				
Minutes/Type of Exercise				
Suicide Assessment Findings				
ACTION PLAN				