

Strategy	Section	Tick (intention to try out)	Worksheet done?	Tried strategy out (dates, length of time)	Notes Was this helpful or not? (evaluate)
Safety plan	Check suicide & self harm (GS)				
Break isolation/ Tell someone how I feel	Build support networks (TD)				
Check warning signs for depression	What is depression? (UD)				
See doctor	Counsellors & doctors (GS)				
Consider medication (if prescribed by a doctor as appropriate for me)	Counsellors & doctors (GS)				
See counsellor	Counsellors & doctors (GS)				
Build support network	Build support networks (GS)				
Self care plan	First steps (TD)				
Focusing outward – distraction and 'keeping busy'	First steps (TD)				
Get going (basic activity plan & first steps summary)	First steps (TD)				
Sort out sleep	Healthier daily routines (TD)				
Understand food & mood	Healthier daily routines (TD)				
Exercise plan	Healthier daily routines (TD)				
Check alcohol & drugs	Healthier daily routines (TD)				
Relaxation skills	Healthier daily routines (TD)				
Connect with others	Healthier daily routines (TD)				
Understand my depression better	Changing attitudes (TD)				
Identify my depressed thinking	Changing attitudes (TD)				
Challenge my depressed thinking	Changing attitudes (TD)				
Stress management	Changing attitudes (TD)				
Anxiety and/or anger management	Changing attitudes (TD)				
Learn self compassion	Changing attitudes (TD)				
Mindfulness	Living well (TD)				
Emotional literacy	Living well (TD)				
Assertiveness	Living well (TD)				
Relationship skills	Living well (TD)				
Identify life values	Living well (TD)				
Happiness skills	Living well (TD)				
Alternative approaches	More ideas & resources (GS)				
Therapeutic writing	More ideas & resources (GS)				
Other help and resources	More ideas & resources (GS)				
Understand different perspectives on depression	Different perspectives (UD)				
Take action against depression beyond my own life	Take Action (TA)				