



Healthcare Providers	Name	Phone Number
Primary care	Dr. Mary Jones	555-555-5555
Mental health care	Dr. Tom Smith	555-555-4444
Pharmacy	CVS Anytown	555-555-3333
Emergency Contact	Name	Phone Number
	Julie Bradley	555-555-2222

FOLD

Medication	Dosage	Instructions
Celexa	20 mg/day	Take in am
Lithium	300mg/day 600 mg/day	Take in am Take in pm
Trazodone	50 or 100 mg/day	As needed
Klonopin	1 mg/day	As needed

FOLD

This tool is intended to provide you with an easy way to keep track of important treatment information when you are away from home. In the spaces provided, note the names and phone numbers of your important contacts, and instructions for taking your antidepressants and all of your medications. Cut out and fold as indicated and keep this information in your wallet for easy reference.

### For More Information

University of Michigan Depression Center  
800-475-6424  
www.depressioncenter.org