UNIVERSITY OF MICHIGAN DEPRESSION CENTER

Medication Wallet Reminder Card

www.DepressionToolkit.org

Healthcare Providers	*Name*	*Phone Number*
Primary care		
Mental health care		
Pharmacy		
Emergency Contact	*Name*	*Phone Number*

FOLD

Medication	*Dosage*	*Instructions*

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

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