

## Psychological and social health action plan

Tick the relevant column after each review.

Actions	Already doing this	Ready to do now	Not ready yet	Start date	Review regularly and note your progress here
Take your medicines as prescribed.				___ / ___ / ___	
Regularly monitor yourself for depression using the self-assessment checklist and take action as recommended.				___ / ___ / ___	
Talk with your partner/family/friends about how you feel.				___ / ___ / ___	
Talk with your health professional about how you feel.				___ / ___ / ___	
Attend a cardiac rehabilitation program.				___ / ___ / ___	
Join a local heart support group.				___ / ___ / ___	
Join a social group.				___ / ___ / ___	
Join a walking group.				___ / ___ / ___	
Be physically active every day.				___ / ___ / ___	
Ask your doctor for a referral to a registered clinical psychologist.				___ / ___ / ___	
Find out more about depression and social isolation.				___ / ___ / ___	