

Mental Health

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My **Health and
Wellness Record**



COW CREEK BAND
OF UMPQUA TRIBE OF INDIANS

PUBLIC HEALTH

Get the Most from Your Health and Wellness Record

Mental Health

Appointment Record: [Start with one page, and print more as needed.](#)

This chart should be used as a quick reference to keep track of mental health appointments. Just write down the date, purpose of the visit, and any notes you have. This will help you keep track of routine appointments, such as your most recent therapy session.

Provider Profile: [Print one sheet for each mental health professional you see.](#)

Under this section, you should keep a provider profile for any mental health professionals you see. A provider profile is a sheet of paper that you can fill out with information about your mental health professionals, as well as their location and contact information. There is also room to put a photo of your mental health professional, if you find that helpful.

Mood Tracker: [Start with one page, and print more as needed.](#)

Record any mental health symptoms or concerns so that you can discuss them with your mental health professional at your next visit.

My Mental Health Resources: [Start with one page, and print more as needed.](#)

List contact information of people you can reach out to when you are in emotional distress or having a mental health crisis. You can also list resources that help improve your mental state when you are struggling.



Provider Profile

Provider's Name

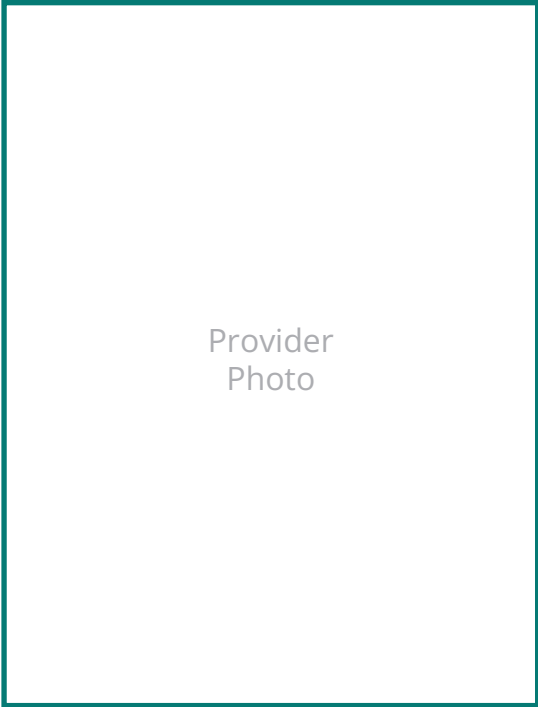
Clinic

Address

Phone

Email

Why do I see this doctor?



Appointment Summary

Doctor's Name	
Appointment Date and Time	
Address	
I have scheduled this appointment because	
Symptoms I want to discuss	
Questions I want to ask	
Notes (Medication changes, doctor comments, recommendations, etc.)	
My To-Do List	

