



MANDIE SAFE HAVEN

WE ARE SURVIVORS

www.mandiesafehaven.com

Depression Support Toolkit

A printable guide with activities, checklists, and resources to support mental health.

Daily & Weekly Activity Checklists

Daily Activities:

- ☐ Drink a full glass of water after waking up
- ☐ Spend at least 5 minutes outside
- ☐ Practice 5 minutes of deep breathing
- ☐ Send a message or call a friend/family member
- ☐ Write down one thing you're grateful for
- ☐ Move your body (walk, stretch, dance, etc.)

Weekly Activities:

- ☐ Meet with a friend or join a group activity
- ☐ Spend time on a creative hobby
- ☐ Declutter one small space
- ☐ Volunteer or help someone else
- ☐ Try a new recipe or healthy meal
- ☐ Reflect on the week and plan for the next

Mood Tracking Pages

Use the table below to track your daily mood over time.

Date	Mood (1-10)	Main Feelings	Notes/Triggers
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Gratitude & Reflections

Write down three things you are grateful for each day and any reflections about your progress.

Day 1:

1. _____
2. _____
3. _____

Reflection:

Day 2:

1. _____
2. _____
3. _____

Reflection:

Day 3:

1. _____
2. _____
3. _____

Reflection:

Day 4:

1. _____

2. _____

3. _____

Reflection:

Day 5:

1. _____

2. _____

3. _____

Reflection:

Day 6:

1. _____

2. _____

3. _____

Reflection:

Day 7:

1. _____

2. _____

3. _____

Reflection:

Emergency Contacts & Resources

Fill in these contacts so you have them ready if you need support.

Local Emergency Number: _____

Crisis Hotline (US: 988, UK: 116 123, AU: 13 11 14):

Primary Care Doctor: _____

Therapist/Counselor: _____

Trusted Friend/Family Member: _____

Helpful Websites:

- National Alliance on Mental Illness (NAMI) – <https://www.nami.org>
- Mental Health America – <https://www.mhanational.org>

- Mind UK – <https://www.mind.org.uk>