Treatment Plan for Adjustment Disorder

First Name	Last Name	Date of Birth	Patient Identifier

Life stressors/changes

Select all adjustment disorder symptoms that the patient has

- ☐ Feeling sad, hopeless or not enjoying things you used to enjoy
- ☐ Avoiding important things such as going to work or paying bills
- ☐ Worrying or feeling anxious, nervous, jittery or stressed out
- ☐ Difficulty functioning in daily activities
- ☐ Trouble sleeping
- ☐ Frequent crying
- ☐ Lack of appetite
- ☐ Difficulty concentrating
- ☐ Feeling overwhelmed
- ☐ Withdrawing from social supports
- ☐ Suicidal thoughts or behavior

Coping Mechanisms

Medication

Mental Health History

Interventions

Clinician Name	Clinician Designation	Clinician Signature	Date