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

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

Coping Mechanisms

Medication

Mental Health History

Interventions

Clinician Name	Clinician Designation	Clinician Signature	Date