

PSYCH CLINICAL CHEAT SHEETS & MENTAL HEALTH TOOLKIT

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Psych Clinical Cheat Sheets

- 1 Depression: SIGECAPS (Sleep, Interest, Guilt, Energy, Concentration, Appetite, Psychomotor, Suicide)
- 2 Anxiety: Assess triggers, duration, physical symptoms, impairment
- 3 Suicide Risk: Ideation, plan, intent, means, past attempts
- 4 Bipolar Disorder: Screen for mania (DIG FAST)
- 5 Psychosis: Hallucinations, delusions, disorganized thinking
- 6 Substance Use: Frequency, last use, withdrawal risk, impact on functioning

Psych Medication Basics

- 1 SSRIs: First-line for depression/anxiety (monitor for activation, GI upset)
- 2 SNRIs: Useful for depression + pain
- 3 Antipsychotics: Monitor for EPS, metabolic syndrome
- 4 Mood Stabilizers: Lithium requires lab monitoring
- 5 Benzodiazepines: Short-term use only, risk of dependence

SOAP Note Template (Quick Guide)

- 1 S: Patient-reported symptoms, mood, concerns
- 2 O: Mental status exam findings
- 3 A: Diagnosis + clinical impression
- 4 P: Medication, therapy, follow-up plan

Mental Health Toolkit for Students

- 1 Grounding Technique: 5-4-3-2-1 sensory method
- 2 Burnout Prevention: Schedule rest like assignments
- 3 Anxiety Reset: Deep breathing (inhale 4, hold 4, exhale 4)
- 4 Boundaries: Learn to say no without guilt
- 5 Support: Seek mentorship, therapy, or peer support
- 6 Sleep Hygiene: Consistent schedule, limit screen time

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