Early warning signs and action plan

A traffic-light plan for staying well and acting early.

Name _____ Date _____

Green: I am well	How I feel, think and behave when things are going well. What I do each day and week to stay here.
Amber: warning signs	The first changes I notice, or others notice in me. Sleep, mood, thinking, habits, withdrawal.
Red: I need help	Signs that I am in real difficulty.

Amber actions

What I will do myself. Who I will tell.

Red actions

Who I will contact, and what I will ask for

Things that tend to tip me from green to amber

People who have agreed to tell me if they see warning signs

What has helped me turn things around before

In an emergency call 112 or 999. Samaritans: freephone 116 123. Text HELLO to 50808.

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