Staying well: my early warning plan

Your early signs of a dip in mood, and what to do when you notice them.

Name _____ Date _____

Green: when I am well

What I am doing, how I sleep, who I see. What keeps me here.

Amber: early warning signs

The first changes I or others notice in my mood, thinking, sleep and behaviour.

Red: I am struggling

Signs that things have slipped a long way.

When I notice amber signs, I will...

- [ ] Back to my routine
- [ ] Plan each day
- [ ] See or ring someone
- [ ] Use my tools

When I notice red signs, I will...

- [ ] Tell someone I trust
- [ ] Contact my GP
- [ ] Contact my therapist

Situations that might set off a dip

People I have asked to tell me if they notice changes, and how to reach them

What I want to remember about how I got better last time

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