**Signaling plan Date:**

|  |  |
| --- | --- |
| **Name:** | **Phone number:** |
| **Date of birth:** |  |
| **Care giver:** | **Phone number:** |
| **GP:** |  |
| **GP out of office hours:** |  |
| **Contact person:** | **Phone number:** |

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| **Protective factors** |
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| **Pit Falls** |
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| **Stressful events that can lead to dysregulation** |
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| --- | --- |
| **Medication:** | **Medication in case of emergency:** |
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| **Phase**  **-Stable-**  **GREEN** | **What is there to see about me?** | **What do I do myself, what stressful situations should I avoid?** | **What does my environment/caregiver see about me?** | **What can my environment/caregiver do or what exactly should one not do?** |
| **Thinking** |  |  |  |  |
| **Feeling** |  |  |
| **Behaviour** |  |  |

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| --- | --- | --- | --- | --- |
| **Phase**  **-Early Signals-**  **YELLOW** | **What is there to see about me?** | **What do I do myself, what stressful situations should I avoid?** | **What does my environment/caregiver see about me?** | **What can my environment/caregiver do or what exactly should one not do?** |
| **Thinking** | Depression  Hypomania | Depression  Hypomania | Depression  Hypomania | Depression  Hypomania |
| **Feeling** | Depression  Hypomania | Depression  Hypomania |
| **Behaviour** | Depression  Hypomania | Depression  Hypomania |

|  |  |  |  |  |
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| **Phase**  **-Mild-**  **ORANGE** | **What is there to see about me?** | **What do I do myself, what stressful situations should I avoid?** | **What does my environment/caregiver see about me?** | **What can my environment/caregiver do or what exactly should one not do?** |
| **Thinking** | Depression  Hypomania | Depression  Hypomania | Depression  Hypomania | Depression  Hypomania |
| **Feeling** | Depression  Hypomania | Depression  Hypomania |
| **Behaviour** | Depression  Hypomania | Depression  Hypomania |

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| **Phase**  **-Serious-**  **RED** | **What is there to see about me?** | **What do I do myself, what stressful situations should I avoid?** | **What does my environment/caregiver see about me?** | **What can my environment/caregiver do or what exactly should one not do?** |
| **Thinking** | Depression  Hypomania | Depression  Hypomania | Depression  Hypomania | Depression  Hypomania |
| **Feeling** | Depression  Hypomania | Depression  Hypomania |
| **Behaviour** | Depression  Hypomania | Depression  Hypomania |