**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** | DepressionHypomania | DepressionHypomania | DepressionHypomania | DepressionHypomania |
| **Feeling** | DepressionHypomania | DepressionHypomania |
| **Behaviour** | DepressionHypomania | DepressionHypomania |

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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** | DepressionHypomania | DepressionHypomania | DepressionHypomania | DepressionHypomania |
| **Feeling** | DepressionHypomania | DepressionHypomania |
| **Behaviour** | DepressionHypomania | DepressionHypomania |

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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** | DepressionHypomania | DepressionHypomania | DepressionHypomania | DepressionHypomania |
| **Feeling** | DepressionHypomania | DepressionHypomania |
| **Behaviour** | DepressionHypomania | DepressionHypomania |