

## Signaling plan

Date:

|                                |                      |
|--------------------------------|----------------------|
| <b>Name:</b>                   | <b>Phone number:</b> |
| <b>Date of birth:</b>          |                      |
| <b>Care giver:</b>             | <b>Phone number:</b> |
| <b>GP:</b>                     |                      |
| <b>GP out of office hours:</b> |                      |
| <b>Contact person:</b>         | <b>Phone number:</b> |

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| <b>Protective factors</b>  |
| <ul style="list-style-type: none"> <li>• What role does my network have in my life?</li> <li>• What does medication do for me?</li> <li>• Do I have a meaningful daytime activity?</li> <li>• What does my daily/weekly rhythm look like?</li> </ul> |

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| <b>Pitfalls</b>  |
| <ul style="list-style-type: none"> <li>• How and when do I express my boundaries?</li> <li>• When, to whom and how do I ask for help?</li> <li>• Do I manage to stop what I am doing in time?</li> </ul> |

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| <b>Stressful events that can lead to dysregulation</b>   |
| <ul style="list-style-type: none"> <li>• <u>Changes in living conditions:</u> moving, loss or new (volunteer) job, reorganization of work, training, vacation, loss of day-structure, financial problems.</li> <li>• <u>Health:</u> illness, injury, pain, going on a diet, hormonal changes, quitting smoking, alcohol consumption.</li> <li>• <u>Relationships:</u> over concern of loved ones, birth, death, falling in love, moving away from others, worrying for or about others, problems with partner, problems with children, family visits, conflicts with others.</li> <li>• <u>Personal (over-)sensitivities:</u> being reminded of unpleasant times; perfectionism, certain situations, personal target level, tendency to care about things quickly, guarding boundaries.</li> </ul> |

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| <b>Medication:</b>                                       | <b>Medication in case of emergency:</b>                |
| What medications do I use as maintenance medication?     | What medication works best for me when I am in crisis? |
| Do I use medication if I can't sleep? If so, which ones? | In what dose?  |
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| Phase<br>-Stable-<br>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?  |
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| <b>Thinking</b>            | Do I have peaceful thoughts?<br>How do I think about myself and the people around me?<br>How do I think about the future?  | Do I have regularity?<br>Do I have occupations outside the home?<br>Do I stick to my daily structure?<br>Do I adhere to moments of rest?   | What does my day job look like?<br>How do I respond to people?<br>How often am I in contact with others (social media)?<br>How many hours of sleep do I get? | What actions of others promote my well-being?<br>What things in dealing with my environment, work well for me to keep my mood stable?  |
| <b>Feeling</b>             | Do I have peace within myself?<br>How do I feel toward the people around me?<br>How confident am I?  | Do I adhere to personal sleep needs?<br>Do I use my bed only for sleeping and sex?<br>Do I avoid alcohol, coffee caffeine strenuous exercise, media before sleeping?   | How do I react to disappointment or changes?<br>How does another person notice that I am feeling good?<br>What is my spending pattern?                       | From whom and how can I seek help from others?<br>What things in dealing with my environment, work well for me to keep my mood stable? |
| <b>Behaviour</b>           | What does my day job look like?<br>How do I respond to people?<br>How often am I in contact with others (social media)?<br>How many hours of sleep do I get?<br>What is my eating pattern?<br>How much alcohol/drugs do I use, and when?<br>How do I react to disappointment or changes?<br>How does another person notice that I am feeling good?<br>What is my spending pattern? | Am I physically and mentally active during the day?<br>Do I smoke, drink alcohol? How much? Do I eat healthily?<br>How many minutes a day do I exercise?<br>Do I solve problems, or do I keep walking around with them?<br>Do I relax?<br>Do I know the pitfalls of myself and those around me?<br>What do I do when I sleep too much or too little?<br>How can I put my thoughts into perspective and challenge them?<br>In what ways can I seek distraction?<br>Do I take my medication faithfully?<br>Who can I talk to about what I am experiencing? |  |  |

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|  |  | Who can I ask for help?<br>What situations should I avoid? |  |  |
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| Phase<br>-Early<br>Signals-<br>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?   |
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| <b>Thinking</b>                       | <u>Depression</u><br>How do I think about myself and the people around me?<br>Am I fretting more?<br>Do I worry about things more quickly? More negative thoughts?<br><br><u>(Hypo)mania</u><br>Do I have quick/many thoughts?<br>How do I think about the future?<br>Do I have a lot of good ideas?<br>Do I see connections quickly?<br>Am I more easily distracted? | <u>Depression</u><br>How can I put my thoughts into perspective and challenge them?<br>Check whether thoughts are real and consider whether the worries about them are justified<br>In what ways can I seek distraction?<br>Do I take my medication faithfully?<br>With whom can I talk about what I am experiencing and feeling?<br>Who can I ask for help?<br><br><u>(Hypo)mania</u><br>How can I keep a grip on my thoughts?<br>What can I do to relax? | <u>Depression</u><br>What does my day job look like, can I sustain it well?<br>Can I still oversee the day well?<br>How do I react to people?<br>Am I less talkative?<br>Do I sleep more or less than usual?<br>What is my eating pattern?<br>How much alcohol/drugs am I consuming, and when?<br>How do I react to disappointment or changes?<br><br><u>(Hypo)mania</u><br>How do I react to (extra) stimuli?<br>Do I have more social contacts?<br>Am I more productive? More energetic?<br><br>Am I more talkative and enthusiastic? | From whom and how can I seek help from others?<br>What actions of others promote my well-being?<br>What things in dealing with my environment, work well for me to keep my mood stable? |
| <b>Feeling</b>                        | <u>Depression</u><br>Do I feel more insecure, more doubtful?<br>Do I feel more tired? Can I handle less?<br>Am I more irritable?<br><br><u>(Hypo)mania</u>  | <u>Depression</u><br>Who can I talk to about what I am going through and feeling?<br>Who can I ask for help?<br><br><u>(Hypo)mania</u><br>What situations should I avoid?<br>Who can I ask to help me reflect?   |   |   |

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|                  | <p>Am I at peace with myself? Or am I more agitated?<br/>         How do I feel toward the people around me?<br/>         How confident am I?</p>  |   |  |  |
| <b>Behaviour</b> | <p><u>Depression</u><br/>         What does my day job look like, can I sustain it well?<br/>         Can I still oversee the day well?<br/>         How do I react to people?<br/>         Am I less talkative?<br/>         Do I sleep more or less than usual?<br/>         What is my eating pattern?<br/>         How much alcohol/drugs am I consuming, and when?<br/>         How do I react to disappointment or changes?</p> <p><u>(Hypo)mania</u><br/>         How do I react to (extra) stimuli?<br/>         Do I have more social contacts?<br/>         Am I more productive? More energetic?<br/>         Am I more talkative and enthusiastic?</p> | <p><u>Depressie</u><br/>         Do I have regularity?<br/>         Do I have outside pursuits?<br/>         Do I stick to my daily structure?<br/>         Do I adhere to moments of rest?<br/>         Do I adhere to personal sleep needs?<br/>         Do I use my bed only for sleeping and sex?<br/>         Do I avoid alcohol, coffee, caffeine, strenuous exercise, media before sleeping?<br/>         Am I physically and mentally active during the day?<br/>         Do I smoke, drink alcohol? How much?<br/>         Do I eat healthily?<br/>         How many minutes a day do I exercise?<br/>         Do I solve problems, or do I keep walking around with them?</p> <p><u>(Hypo)manie</u><br/>         How do I provide relaxation?<br/>         Do I know my pitfalls of myself and my loved ones?</p> |  |  |

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| <b>Phase -Mild- ORANGE</b> | <b>What is there to see about me?</b> | <b>What do I do myself, what stressful situations should I avoid?</b> | <b>What does my environment/caregiver see about me?</b> | <b>What can my environment/caregiver do or what exactly should one not do?</b> |
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| <b>Thinking</b> | <p><u>Depression</u><br/>Has my thinking slowed down?<br/>Am I less able to make decisions easily?<br/>What am I mulling over?<br/>Do I find myself less valuable/useful?<br/>Am I forgetful?<br/>Do I have concentration problems</p> <p><u>(Hypo)mania</u><br/>Do I think I no longer need my medication?<br/>Am I able to solve problems?<br/>Do my thoughts move faster?<br/>Do I have more ideas<br/>Am I thinking more positively?<br/>Do I see opportunities and possibilities?<br/>Can I hold my attention?</p> | <p><u>Depression</u><br/>What techniques can I apply to check my thoughts?<br/>What distractions can I start looking for?<br/>What tool can I use to forget less?<br/>To whom can I seek help to check the content of my thoughts?</p> <p><u>(Hypo)mania</u><br/>What can I do to check my thoughts and put them into perspective?</p> | <p><u>Depression</u><br/>Do I sleep more hours or lie awake a lot?<br/>Do I have no appetite or just cravings for unhealthy things?<br/>Do I forget my medication?<br/>Do I tend to cancel appointments, stop taking initiative?<br/>Do I do fewer activities? Which ones?<br/>Do activities cost me very much effort?<br/>Do I want to go off social media?<br/>Do I spend less money?<br/>Do I have physical complaints?<br/>Am I less talkative?<br/>Do I cry more?<br/>Am I irritable?<br/>Do I get comments at work/volunteer work regarding my behavior?<br/>Do I take less good care of myself. Think about clothing, showering, shaving, etc.?</p> <p><u>(Hypo)mania</u><br/>Do I need less sleep and still energetic?<br/>Do I notice a change in my diet?<br/>Do I forget my medications or find I no longer need them<br/>Do I have extra appointments/contacts?<br/>Do I call/email/app or fb more (am I online more often)?<br/>Do I want to spend more money?</p> | <p><u>Depression</u><br/>Depression<br/>Who and how can I seek help from others?<br/>What can my loved ones and/or caregiver do?<br/>What exactly should my environment NOT do?<br/>What actions by others promote my well-being?<br/>What actions by others will help me to suffer less from my symptoms?<br/>Who can help me start the day and structure my day and how?<br/>Who can help me and how to recognize early signals?<br/>Who can activate me or calm me down and in what way?<br/>Who can address me about the presence of symptoms and in what way do I like that?<br/>Is a temporary safe haven elsewhere an option?<br/>What measures can protect me from serious consequences?<br/>What should loved ones especially not do or say?<br/>Help with medication and/or spending habits<br/>At what point does my loved one raise the alarm with social services?</p> <p><u>(Hypo)mania</u></p> |
| <b>Feeling</b>  | <p><u>Depression</u><br/>Do I feel less happy, more down?<br/>Am I able to enjoy things anymore?<br/>Is my self-confidence declining?<br/>Do I feel less need for contact?<br/>Do I feel less need for touch, sex?<br/>Do I suffer from feelings of guilt?<br/>Do I feel involved in the environment?</p> <p><u>(Hypo)mania</u><br/>Do I feel more cheerful/happier?</p>  | <p><u>Depression</u><br/>What can I do to feel more stable?<br/>What situation should I avoid to feel better?<br/>Who can I ask for help from?</p> <p><u>(Hypo)mania</u><br/>What can I do to feel more stable?<br/>What situation should I avoid to feel better?</p>  |   |   |

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|                         | <p>Has my self-confidence grown?<br/> Do I find many people sweet/lovely/kind?<br/> More need for contact?<br/> Do I feel an urge to spend money/resources?<br/> Do I feel more desire for sex?</p>   |  | <p>Do I use more substances such as alcohol or drugs?<br/> Do I crave sex more?<br/> Do I care more about my appearance?<br/> Do I get comments at work/volunteer work regarding my behavior?</p> | <p>What techniques can I apply to check my thoughts?<br/> What distractions can I start looking for?<br/> What tool can I use to forget less?<br/> To whom can I seek help to check the content of my thoughts?<br/> What can I do to feel more stable?<br/> What situation do I need to avoid to feel better?<br/> What makes me stressed, what can I change?<br/> What activities can I plan?<br/> Which loved ones can I ask for support?<br/> What can I do to keep my lifestyle healthy?<br/> What can help me avoid using alcohol or drugs or succumbing to another addiction?<br/> In what ways can I make sure I take my medication?<br/> What emergency medication do I have?<br/> From what other things can I get back "in my strength"?<br/> At what point do I lie my loved ones in?<br/> At what point do I or my loved one call for help?</p>                                  |
| <p><b>Behaviour</b></p> | <p><u>Depression</u><br/> Do I sleep more hours or lie awake a lot?<br/> Do I have no appetite or do I crave unhealthy things?<br/> Do I forget my medication?<br/> Do I tend to cancel appointments, stop taking initiative?<br/> Do I do fewer activities? Which ones?<br/> Do activities cost me very much effort?<br/> Do I want to go off social media?<br/> Do I spend less money?<br/> Do I have physical complaints?<br/> Am I less talkative?<br/> Do I cry more?<br/> Am I irritable?<br/> Do I get comments at work/volunteer work regarding my behavior?<br/> Do I take less good care of myself. Think about clothing, showering, shaving, etc.?<br/><br/> <u>(Hypo)mania</u><br/> Do I need less sleep and still feel energetic?<br/> Do I notice a change in my eating habits?</p> | <p><u>Depression</u><br/> What makes me stressed, what can I change about it?<br/> What activities can I plan?<br/> Which loved ones can I ask for support?<br/> What can I do to keep my lifestyle healthy?<br/> What can help me avoid using alcohol or drugs or giving in to another addiction?<br/> In what ways can I make sure I take my medication?<br/> What emergency medication do I have?<br/> From what other things can I get back "in my strength"?<br/> At what point do I lie my loved ones in?<br/> At what point do I or my loved one call for help?<br/><br/> <u>(Hypo)mania</u><br/> To whom can I ask for help?<br/> What restrictions can I put on myself?<br/> What are calm and calming activities for me?<br/> What tasks and/or obligations can I reduce, or stop?</p> |   | <p>What techniques can I apply to check my thoughts?<br/> What distractions can I start looking for?<br/> What tool can I use to forget less?<br/> To whom can I seek help to check the content of my thoughts?<br/> What can I do to feel more stable?<br/> What situation do I need to avoid to feel better?<br/> What makes me stressed, what can I change?<br/> What activities can I plan?<br/> Which loved ones can I ask for support?<br/> What can I do to keep my lifestyle healthy?<br/> What can help me avoid using alcohol or drugs or succumbing to another addiction?<br/> In what ways can I make sure I take my medication?<br/> What emergency medication do I have?<br/> From what other things can I get back "in my strength"?<br/> At what point do I lie my loved ones in?<br/> At what point do I myself or my loved one raise the alarm with emergency services?</p> |

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|  | <p>Am I forgetting or no longer finding my medications necessary?</p> <p>Do I have extra appointments/ contacts?</p> <p>Do I call/email/app or fb more (am I online more often)?</p> <p>Do I want to spend more money?</p> <p>Do I use more substances such as alcohol or drugs?</p> <p>Do I crave sex more?</p> <p>Do I care more about my appearance?</p> <p>Do I get comments at work/volunteer work regarding my behavior?</p> | <p>What prescription medications can I take?</p> <p>To whom can I ask for support?</p> |  |  |
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| Phase<br>-Serious-<br>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?  |
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| <b>Thinking</b>           | <p><u>Depression</u><br/>Do I have incorrect beliefs (delusions)?<br/>Can't I think straight?<br/>Do I have trouble remembering things?<br/>Am I thinking of death as a solution?</p> <p><u>Mania</u><br/>Can I no longer think clearly and become confused?<br/>Do I think faster and jump from topic to topic?</p> | <p><u>Depression</u><br/>What helps me when I think very gloomy thoughts and see no way out?</p> <p><u>Mania</u><br/>What helps me if I have so much energy that I no longer think clearly and overestimate risks?</p> | <p><u>Depression</u><br/>Do I lack self-care?<br/>Can't make choices?<br/>Do I have no appetite?<br/>Am I unable to get dressed<br/>Do I have long pauses in speech or stop talking?<br/>Am I highly retarded?<br/>Am I very restless?<br/>Am I suicidal (suicidal tendencies)?</p> <p><u>Mania</u></p> | <p><u>Depression</u><br/>What can my loved one/caregiver do?<br/>Which actions of others help me to be less bothered by my complaints?<br/>Who and how can help me start the day and structure my day?<br/>Who can help me activate?<br/>Who can contact me about the presence of complaints and how do I like this?</p> |

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|                  | Do I suffer from incorrect beliefs (delusions)?   |  | Do I have little or no need for sleep?<br>Do I no longer manage to rest?<br>Do I keep talking?<br>Do I see or hear things that are not there? (Hallucinations)<br>Do I spend too much money and incur debt?<br>Do I argue more?<br>Do I argue a lot? Do I no longer accept anything from others?<br>Do I use alcohol more?<br>Am I more risky in traffic?<br>Do I behave recklessly?<br>Do loved ones insist on treatment? | Is temporary safe accommodation elsewhere an option?<br>What measures can protect me against serious consequences?<br>If I...think...(name) may...do the following<br>What exactly should my environment NOT do?  |
| <b>Feeling</b>   | <u>Depression</u><br>Do I feel capable of anything?<br>I don't feel like living anymore.<br>Am I feeling very sad?<br>I feel worthless to myself<br>Do I suffer from feelings of guilt?<br><br><u>Mania</u><br>Do I feel like I have lost control of myself?<br>Do I feel explosive?<br>Do I have omnipotent feelings?<br>Do I feel invincible?   | <u>Depression</u><br>What helps me when I feel desperate and extremely gloomy?<br><br><u>Mania</u><br>What or who helps me when I have lost control of myself?   |  | <u>Mania</u><br>What should relatives/care providers (mainly or not) do or say?<br>Who can help me calm down?<br>What actions can be taken by whom to limit damage?<br>Which place is safe for me to avoid the unpleasant consequences of a relapse?<br>When is admission necessary?<br>Which medication has helped me in the past?<br>If I...think...(name) may...do the following |
| <b>Behaviour</b> | <u>Depression</u><br>Am I lacking in self-care?<br>Can't I make choices?<br>Do I have no appetite?<br>I am unable to get dressed<br>Do I have long pauses in speech or stop talking?<br>Have I slowed down significantly?<br>Am I very restless?<br>Am I suicidal? (Suicidal tendencies)<br><br><u>Mania</u><br>Do I have little or no need for sleep?<br>Am I no longer able to rest?<br>Do I keep talking?<br>Am I seeing or hearing things that are not there?<br>(Hallucinations) | <u>Depression</u><br>What makes me stressed, what can I change about this?<br>What activities can I do and who can help me with them?<br>What can I do to improve my healthy lifestyle?<br>What does it take to not have to be alone? How does it stay safe?<br>What and who can help me not to use alcohol or drugs or to give in to another addiction?<br>What other things can help me regain my strength?<br>How can I ensure that I take my medication?<br>What emergency medication do I have?<br>Who can I call for help?<br><br><u>Mania</u> |  |   |



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|  | Am I spending too much money and getting into debt?<br>Do I argue more?<br>Do I argue a lot? Do I no longer accept anything from others?<br>Do I drink more alcohol? | When should an additional appointment be made for assistance?<br>Use of IHT?<br>Which medication helps with admission and what does not?<br>Who can I call for help? |  |  |
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