Signaling plan Date:

Thinking

Name: P			Phone number:				
Date of birt	h:						
Care giver:			hone	number:			
GP:							
GP out of o	office hours:						
Contact pe	rson:	P	Phone number:				
Protective 1	actors						
•							
Pit Falls							
•							
Stressful ev	vents that can lead to dysregulation	on .					
•	, , , , , , , , , , , , , , , , , , , ,						
Medication	•		Medication in case of emergency:				
III CONCOUNTED				oution in case of care. gently:			
		I					
Phase	What is there to see about me?	What do I do myself, what		What does my	What can my		
-Stable-	What is there to see about me	stressful situations should	П	environment/caregiver see	environment/caregiver do or		
GREEN		avoid?	•	about me?	what exactly should one not		
					do?		
	4	4					

Feeling		
Behaviour		

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	<u>Depression</u>	<u>Depression</u>	<u>Depression</u>	<u>Depression</u>
	(Hypo)mania	(Hypo)mania	(Hypo)mania	(Hypo)mania
Feeling	<u>Depression</u>	<u>Depression</u>		
	(Hypo)mania	(Hypo)mania		
Behaviour	<u>Depression</u>	<u>Depression</u>		
	(Hypo)mania	(Hypo)mania		

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	<u>Depression</u>	<u>Depression</u>	<u>Depression</u>	<u>Depression</u>
	(Hypo)mania	(Hypo)mania	(Hypo)mania	(Hypo)mania

Feeling	<u>Depression</u>	<u>Depression</u>	
	(Hypo)mania	(Hypo)mania	
Behaviour	<u>Depression</u>	<u>Depression</u>	
	(Hypo)mania	(Hypo)mania	

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	<u>Depression</u>	<u>Depression</u>	<u>Depression</u>	<u>Depression</u>
	(Hypo)mania	(Hypo)mania	(Hypo)mania	(Hypo)mania
Feeling	<u>Depression</u>	<u>Depression</u>		
	(Hypo)mania	(Hypo)mania		
Behaviour	<u>Depression</u>	<u>Depression</u>		
	(Hypo)mania	(Hypo)mania		