

Everyday assistance

## MY CRISIS PLAN AND CRISIS PASS

Please take the time to plan your actions in the event of possible future crises. Please print this document. Complete the following crisis plan together with your doctor or therapist. Enter the name of the person that will help you in the event of a crisis, and what emergency medication you can take. A list of all important early warning signs that you can add to your personal list follows, separated into psychosis and bipolar disorders.

### 1. Contact therapist/doctor/ward/emergency team

Therapist

Name \_\_\_\_\_

Fixed-line or mobile number \_\_\_\_\_

Doctor

Name \_\_\_\_\_

Fixed-line or mobile number \_\_\_\_\_

Ward

Name \_\_\_\_\_

Fixed-line or mobile number \_\_\_\_\_

Emergency team

Name \_\_\_\_\_

Fixed-line or mobile number \_\_\_\_\_

### 2. Contact or inform family/friends

Family

Name \_\_\_\_\_

Fixed-line or mobile number \_\_\_\_\_

Friends

Name \_\_\_\_\_

Fixed-line or mobile number \_\_\_\_\_

### 3. Take emergency medication (please discuss with your doctor)

Medication \_\_\_\_\_

Dosage \_\_\_\_\_

Medication \_\_\_\_\_

Dosage \_\_\_\_\_

Medication \_\_\_\_\_

Dosage \_\_\_\_\_

Please discuss this questionnaire with your therapist.

**Day to day assistance**

# **IMPORTANT EARLY WARNING SIGNS FOR PEOPLE AFFLICTED WITH A BIPOLAR DISORDER**

Read the following early warning signs for a renewed manic or depressive phase carefully.

Print this page and add your early warning signs of a relapse to the list. Discuss this form with your doctor or therapist

- Elation, euphoria
- New ideas, racing thoughts
- Increased need to talk
- Increased activity and energy
- Changed perceptions (sensitivity to noise, feeling of being in another world)
- Increased creativity
- Reduced need for sleep
- Stronger need for contacts
- Feeling of being important or being the focus of interest
- Increased consumption of drugs/alcohol
- Increased self-confidence, feeling of being able to achieve everything that one plans to do
- Irritability, tension, impatience
- Increased interest in sex
- Increased spending of money
- Difficulties in concentrating, easily distracted
- Restlessness, unease
- More conflicts than normal
- Not adhering to daily routines

**Early warning signs for a renewed manic phase**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

- Tiredness, feeling of exhaustion, lack of energy
- Depressed mood, dejection
- Increased need for quiet
- Reduced self-confidence, self-doubt
- Increased fretting and worrying
- Lack of interest, listlessness
- Difficulties in falling asleep or staying sleep
- Neglect of daily duties
- Difficulties in concentrating (difficulties in thinking)
- Reduced interest in sex
- Anxiety, nervousness
- Reduced tolerance, reduction in capabilities
- Relating everything to oneself, having the feeling that people are talking badly about one
- Changes to daily routines
- Feeling physically uneasy
- Increased consumption of alcohol
- Tension, unease
- Irritability

**Early warning signs for a renewed depressive phase**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

Discuss this form with your therapist.