

Early response plan

An early response plan can help you **recognize mood swings** before they become full-blown episodes and **reach out** if you find you need help. To create your own early response plan, fill out the form below. And keep it with you, so you always have it when you need it.

Things I can do to manage my condition

1. _____
2. _____
3. _____
4. _____
5. _____

My early warning signs of an episode (eg, sleep problems)

1. _____
2. _____
3. _____
4. _____
5. _____

People I can call for help

Doctor: _____ Phone: _____
Counselor: _____ Phone: _____
Helper 1: _____ Phone: _____
Helper 2: _____ Phone: _____
Helper 3: _____ Phone: _____

Things my helper can do for me

