

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.

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# THE MOST IMPORTANT EARLY WARNING SIGNS FOR THOSE AFFLICTED BY PSYCHOSES

Please carefully read the following early warning signs of a new psychotic phase. Print this page and enter your early warning signs for a relapse in the list. Discuss this form with your doctor or therapist.

**Changes in frame of mind**

- Moodiness
- Irritability
- Depression
- Excessive anxiety

**Changes in physical sense of well-being**

- Tiredness
- Insomnia (excessive sleeping or lack of sleep)
- Loss of appetite
- Weight loss
- Breaking out in a sweat

**Changes in behaviour**

- Laughing without reason
- Frequent phone calls
- Writing letter to people to whom you would normally not write
- Avoiding social contact
- Irrational and peculiar statements
- Excessive listening to music
- Staring ahead for long periods
- Pondering
- Going out frequently
- Moving away from normal daily rhythm
- Inadequate bodily hygiene
- Bizarre behaviour
- Reduced coping ability

**Changes in psychotic symptoms**

- Hearing voices
- Sensitivity to sounds/light
- Expressing strange points of view

**Early warning signs of a relapse**

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

Discuss this form with your therapist.