

Appendix 5

Early warning signs and response plan

EARLY WARNING SIGNS

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| <p>What are the current sources of stress in your life that could trigger depression in the future?</p> |
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| <p>Which symptoms signal to you that depression is coming back? Identify at least three symptoms and describe them in as much detail as you can.</p> |
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| <p>Which symptoms or changes signal to the people close to you that depression is coming back? Identify at least three symptoms or changes and describe any signs that are not already named above.</p> |
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WHAT TO DO

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| What can you or other people do to reduce the sources of stress that could trigger depression? |
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| What can you do to interrupt the early symptoms of depression that you have described above? Try to identify at least three activities e.g. talking about how you feel, exercise, speaking to your GP etc. |
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| What can other people do to help you to manage the early warning signs of depression? Identify at least three ways in which someone else can support you e.g. spending more time with you, joining you when you do anti-depressant activities, sharing some of your responsibilities for a while etc. Try to identify at least three things other people can do to help. |
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SHARE THIS PLAN WITH THE PEOPLE WHO
CAN HELP YOU TO STAY WELL.

Who are the people who can help? Name the people who can help and what they can do. Discuss your plan with them.

What anti-depressant activities and routines will be a priority to keep going e.g. talking to the people close to you, regular exercise, time for your interests or hobbies? Identify at least three positive and enjoyable activities to keep going to help you stay well.

When should you ask for professional help, such as from your GP or a therapist? Plan to do this at the earliest point at which depression has become clear to you or other people.

How will you access these services and who will support you to do that? Identify the route into support services before you need to refer yourself to these services. Write down important telephone numbers.