



Coventry and
Warwickshire Partnership
NHS Trust

Early Warning Signs Monitoring



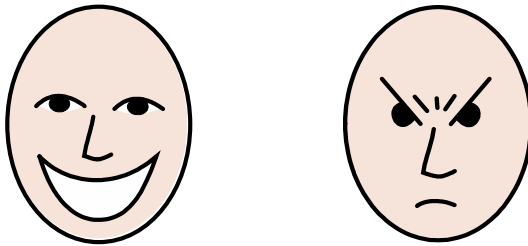
Community Learning Disability Team
UC118b v2
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What are early warning signs?

Early signs are changes that a person with bipolar disorder experiences in the weeks before their mental illness returns.

These changes are differences in our day to day experiences. They can be changes in the way we;

- Feel
- Behave
- Think



Everybody has their own pattern of early signs

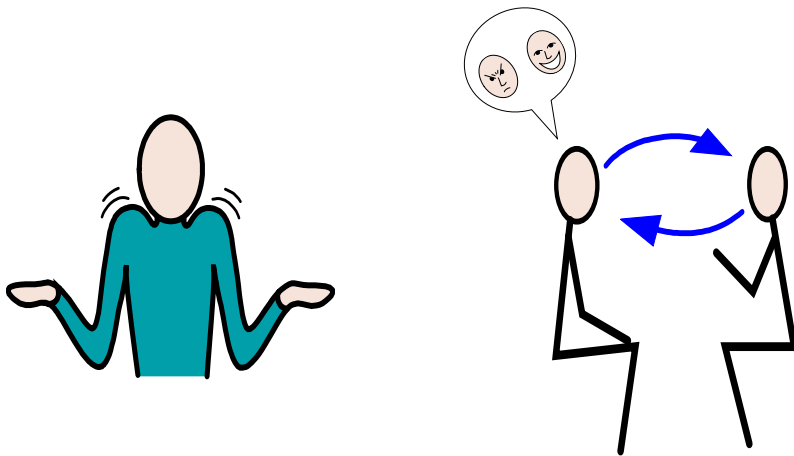
They are usually out of character

We may sometimes show some signs when we are 'well'

Why are early signs important?

Noticing these early signs is important as it means we can:

- understand why we are experiencing these changes
- get help and treatment before the illness comes back
- avoid long stays in hospital
- reduce the severity of the episode
- gain a feeling of control over the illness

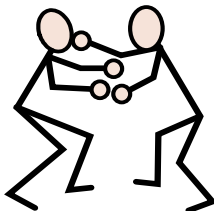


Most frequent early signs reported by clients and carers:

- tense, afraid, anxious
- quiet, withdrawn
- depressed, low
- irritable, quick tempered



- violent, aggressive
- restlessness
- hearing voices
- poor appetite, weight loss
- forgetfulness
- neglecting appearance



What will monitoring early warning signs and working with the Community Learning Disability Team help us to do?

- To develop a baseline measure against which any changes can be seen and compared
- Spot when the early signs may be occurring and plan action to prevent a full blown relapse
- Draw up a relapse prevention plan
- Help to educate us, family and carers about our illness.
- Help with completing the monitoring forms and graphing the early signs.

