



# BIPOLAR CRISIS PLAN CHEAT-SHEET

*\*Keep this page in your wallet, night-stand, and phone. In an emergency follow steps in order.\**

## 1 Early-Warning Checklist (tick when observed)

- ☐ Sudden «**SLEEP CHANGE**» (sleep <4 h or >10 h)
- ☐ Noticeable «**MOOD SWING**» (euphoria / deep sadness)
- ☐ «**IMPULSIVE SPENDING**» > \$..... in 24 h
- ☐ «**RACING THOUGHTS / SPEECH**»
- ☐ «**EXPLOSIVE IRRITABILITY**»
- ☐ Skipped «**MEDICATION**» dose on .....

«If two or more boxes are ticked, move to Step 2 immediately.»

## 2 0-15 Minutes: Immediate Actions

1. «Partner Role Switch» – ..... takes lead on kids / pets / driving.  
(SUPPORT-PARTNER NAME)
2. «Grounding Technique» – ..... prefers: (NAME)
  - ☐ 4-7-8 breathing      ☐ Ice pack      ☐ Calm playlist
3. «Medication Boost» – Take PRN dose: ..... mg of ..... if approved by psychiatrist.
4. «Phone Check-In» – Text code \***“YELLOW”**\* to ..... (THERAPIST), and  
.....(ACCOUNTABILITY FRIEND).
5. Review «Boundaries with a Bipolar Spouse»: no big decisions, no online shopping.

## 3 15-60 Minutes: Stabilisation Plan

- Move to «LOW-STIM ROOM» (dim lights, no screens).
- Start «BIPOLAR CRISIS PLAN» playlist / guided meditation  
link → <https://caringforsomeonewithbipolar.com/bipolar-emergency-plan/>.
- Drink water + eat light snack (blood-sugar buffer).
- Log mood (1-10) in shared Google Sheet.

## 4 Emergency Protocol (When to Dial 911 / 112)

- Threats of self-harm or violence
- Hallucinations or extreme paranoia
- Inability to follow basic commands
- Mood >9 or <2 for >4 h

«Nearest Crisis Center»



.....(HOSPITAL NAME & FLOOR) – Phone .....

## 5 Quick-Reference Contacts

| Role             | Name | Phone | Backup |
|------------------|------|-------|--------|
| Psychiatrist     |      |       |        |
| Therapist        |      |       |        |
| Trusted Friend 1 |      |       |        |
| Trusted Friend 2 |      |       |        |
| Child-care       |      |       |        |
| Pet-sitter       |      |       |        |

## 6 Medication & Insurance Snapshot

- Mood stabiliser: ..... mg (AM) | ..... mg (PM)

- PRN: ..... mg | max ..... per 24 h

- Allergies: .....

- Health insurer: ..... | Policy No. ....

## 7 Financial Safeguards

- Daily card limit: \$..... (bank app)

- Shared vault login: .....

- Power of Attorney held by ..... when «financial instability bipolar marriage» red-flag triggers.

## 8 Partner Self-Care Reminder

«Print it out or keep it on your phone; you'll know exactly what to do in 60 seconds.»