

Recognize Early Warning Signs

- Changes in sleep/speech/activity
- Sudden mood shifts, irritability, or grandiosity
- Risky or impulsive behaviors

Create a Crisis Plan

- Keep emergency & clinician contacts handy
- Know the nearest hospital or crisis service
- Set boundaries around spending, driving, safety

Support Daily Stability

- Consistent sleep and meals
- Medication adherence and regular follow-ups
- Use mood/sleep tracking tools

Communicate Effectively

- Active listening; calm, non-blaming language
- Be specific and supportive
- Keep healthy boundaries

Care for Yourself

- Schedule personal rest and activities
- Join a caregiver support group (DBSA, NAMI)
- Seek help if overwhelmed

If someone may be at risk of harming themselves or others, call or text [988](tel:988) in the United States for the Suicide & Crisis Lifeline (24/7), or contact local emergency services.
