

Bipolar Mania: Caregiver's Quick Response Plan

A practical, 60-second checklist to protect safety, reduce escalation, and keep connection.

When a manic episode escalates, it is hard to think clearly. Use this guide to remember what to do, what to say, and who to call. Do not argue with the illness. Focus on safety.

Emergency reminder: If there is immediate physical danger, call 911. For urgent mental health crisis support in the U.S., call or text 988.

⚠️ 1. My Loved One's Warning Signs

Check the signs that fit your situation, or add your own.

- Little to no sleep without feeling tired
- Rapid speech, racing thoughts, or extreme distraction
- Unrealistic plans, grandiose ideas, or delusions
- Impulsive behavior, such as risky spending, unsafe driving, or hypersexuality
- Sudden irritability or escalating anger
- Other: _____

✓ 2. What I WILL Do Right Now

- ✓ Lower stimulation: I will dim the lights, turn off screens or music, and suggest moving to a quieter room.
- ✓ Pace my communication: I will keep my voice soft, my body language relaxed, and my sentences short and clear.
- ✓ Delay high-risk choices: I will use time as an ally. For example: "Let's wait an hour before we buy this," or "Let's decide on this trip tomorrow."
- ✓ Offer practical grounding: I will offer water or easy-to-eat finger foods, such as a sandwich, crackers, yogurt, or apple slices.

❌ 3. What I Will NOT Do

- I will not argue about facts: I will not try to use logic to disprove a delusion or an unrealistic idea. Confrontation adds fuel.
- I will not use shaming words: I will avoid saying "Calm down," "You are acting crazy," or "You are embarrassing me."
- I will not block their physical space: I will give them room to move and I will not stand between them and the door.
- I will not handle this alone: If I feel overwhelmed or unsafe, I will call for backup right away.

☎️ 4. Emergency Contacts

Fill this out today, not during the crisis.

- ☎️ Trusted Backup Person: _____ Phone: _____
- ☎️ Psychiatrist / Therapist: _____ Phone: _____
- ☎️ Urgent Crisis Support (U.S.): Call or Text 988 (available 24/7)
- ☎️ Immediate Physical Danger: Call 911

Quick reminder: Your goal is not to win the moment. Your goal is to lower risk, protect safety, and keep the connection steady enough to get help.