Personal Early Warning Signs - Concept brief

Understand the idea behind personal early warning signs and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey notices less sleep and difficulty attending usual activities.

The idea

Changes can be noticed relative to an individual's usual pattern without self-diagnosis.

An ordinary example

Casey notices less sleep and difficulty attending usual activities.

What this can look like

With a clinician, list personally meaningful early changes, possible alternative explanations, and agreed response steps.

Check the fit

Which changes should prompt a planned conversation with your team? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

Which changes should prompt a planned conversation with your team?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A07-1