

My Escalation Signals and Response

Use this page to identify early signals and the response most likely to help.

My baseline: how I think, feel, communicate, and function when steady

My first three activation signals

What I can do early - before intensity becomes high

What supportive people can do and what they should avoid

Signs the formal safety, crisis, medical, or emergency plan should be used

What recovery and repair look like afterward

Use this page as a conversation and reflection aid. It is not a diagnosis, assessment, safety plan, or substitute for individualized professional care.