

# Traffic light system for psychological support

## Green

Coping well with the situation  
Maintain social interactions  
Expressing hope or acceptance

## Amber

Moderate psychological distress  
Referral to counselling  
Health coaching

## Red

Severe psychological distress  
Urgent mental health intervention  
Safty assesment

Green

## Category patients psychological profile and support plan

### Recommended actions:

- Maintain standard support
- Encourage open discussion and self-care routines
- Monitor for any decline in mood or engagement
- Continue promoting peer support network

Amber

## Category patients psychological profile and support plan

### Recommended actions:

- Initiate early intervention (psychological, counselling, CBT or referral to mental health services)
- Collaborate with health & wellbeing coach
- Increase psychological engagement (regular check-ins from clinicians /support staff)

Red

## Category patients psychological profile and support plan

### Recommended actions:

- Immediate referral to mental health professionals
- Emergency psychiatric services if suicidality or psychosis present
- Collaborative care between wound and mental health teams
- Consider short-term inpatient care or daily contact with health professionals

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