
Safety Flags at a Glance

Safety flags appear right after advice that could cause real harm for some people. The table below lists every safety flag in the book, with page numbers so you can find them quickly. Safety flags are separate from the evidence labels.

Safety flag	Page
A low mood that won't lift	p. 37 (Ch. 5)
Starting exercise with a medical condition or symptoms	p. 47 (Ch. 6)
Dieting and weighing when you have an eating disorder	p. 54 (Ch. 7)
Changing your diet while taking diabetes medicine	p. 55 (Ch. 7)
Stopping alcohol suddenly when you are dependent	p. 62 (Ch. 8)
Loud snoring, pauses in breathing during sleep	p. 71 (Ch. 9)