

RELAPSE PLAN

The person with the mental health condition and the family should talk together and agree on the following parts of their plan.

Events or stressors that led to relapse in the past

- _____
- _____
- _____

Early warning signs of a relapse

- _____
- _____
- _____

Actions or coping strategies that help with early warning signs

- _____
- _____
- _____

People or resources that help and what we would like them to do

- _____
- _____
- _____

We will call crisis services or go to the hospital when emergency intervention is needed for the following symptoms or behaviors

- _____
- _____

We will call 911 when law enforcement or urgent medical care is needed for the following dangerous behaviors or situations

- _____
- _____