The background is a solid yellow color with a grid of white circles. The circles are arranged in a regular pattern, with some overlapping the text.

**Relapse  
Prevention:  
support for  
young  
people  
after  
therapy  
has ended**

# Congratulations

**Well done for completing your course of Low Intensity Cognitive Behavioural Therapy!**

**Your therapist has seen that you have made such good progress that you are now able to go and use your new knowledge and skills independently and you can now be your own therapist.**



**It can be scary coming to the end of therapy after working together for so long but remember that it's **normal** to feel that way. Your therapist would not be ending your sessions if they didn't feel you were ready!**



# Which things were the most useful/what did you learn?

Use this page to make a list about the things you have found the most useful in helping you feel better and/or about what you have learnt.



# Triggers and Warning Signs

It's important to be aware of the things that impact your mental health as well as signs that you might be starting to find things difficult again. If you are aware of these triggers and signs, you can be better prepared to put things in place to help.

## Triggers

The things that have a negative impact on my mental health:

# Warning Signs

The things I notice in myself when I am struggling with my mental health:



**Thoughts:**



**Feelings (emotional and in my body):**



**The things I do:**



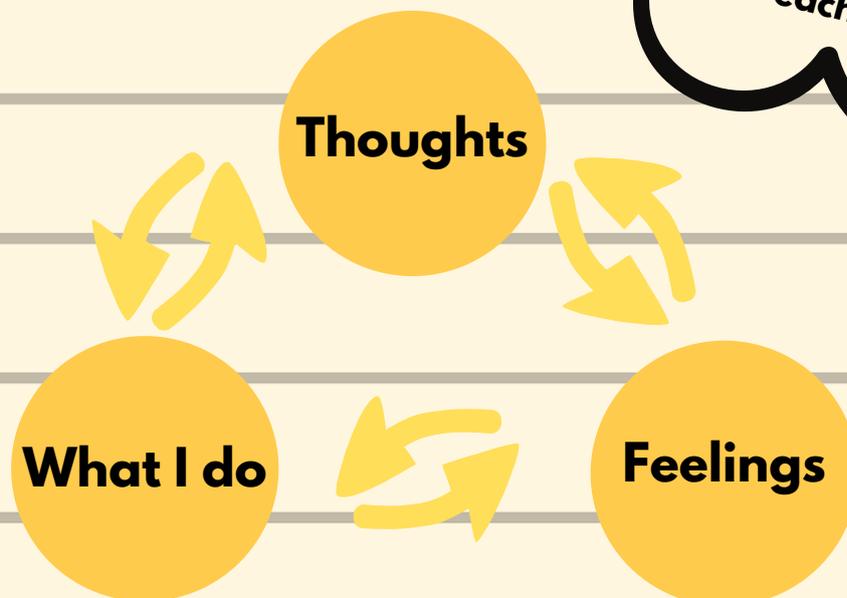


# Use your toolkit



**The things I can do to help me manage my mental health:**

*Remember,  
your thoughts, feelings  
and what you do all impact  
each other*



# What if I have a setback?



It's totally normal to worry about having a setback and it's important to know that we all have good days and bad days. Don't beat yourself up about a bad day - it's okay to have a setback! What's important is that you know what to do to move on from this.



**Remember...**  
**It's okay not to be okay!**  
**(but we don't have to stay that way)**

The things I can do to help me feel better when I'm not feeling okay:



# Helpful Information

## Phone numbers/websites:



**Call:**  
**Samaritans 116 123**  
**Childline 0800 1111**



**Websites:**  
**[www.youngminds.org.uk](http://www.youngminds.org.uk)**  
**[www.kooth.com](http://www.kooth.com)**



**Don't forget, if your mental health is becoming too difficult to manage on your own, you can always refer back to us to get more support from one of our team members. You NEVER have to struggle alone!**