

Relapse Warning Signs

Warning signs alert me that I may be having difficulty again. For example:

- Not wanting to spend time with friends or family
- Feelings of “I don’t care”
- Unclear thinking or concentration problems
- Loss of interest or motivation
- Thoughts of not wanting to be here or be alive

My Warning Signs:

- _____
- _____
- _____
- _____
- _____

If I experience any of the above, I will:

- _____
- _____
- _____
- _____
- _____

In the event of an emotional crisis, I will:

- _____
- _____
- _____
- _____
- _____

HealthLine is available 24 hours a day at 1-877-800-0002

Source:

Peterborough Family Health Teams, *Mental health self care series: Depression is treatable: Warning signs.* (n.d.)