

My Relapse Prevention Plan

My Mental Health diagnosis is: _____

Three symptoms I experience with my illness are:

- _____
- _____
- _____

Stressful events that endanger my mental health and put me in crisis are:

- _____
- _____
- _____

What can I do to avoid stressful events in the future?

- _____
- _____
- _____

Current stressors in my life are:

- _____
- _____
- _____

Three ways that I can reduce my stress are:

- _____
- _____
- _____

Three of my positive qualities are:

- _____
- _____
- _____

Supportive friends/family member that I call on a regular basis:

Name: _____ Phone Number: _____

Name: _____ Phone Number _____

A daily community/leisure/healing activity I will engage in is:

- _____

An activity I will definitely avoid is:

- _____

Three steps I will take to prevent relapse:

- _____
- _____
- _____

If I begin to relapse (when symptoms/warning signs return or get worse) I will:

- _____
- _____
- _____
- _____

Source:
Unknown