Relapse Prevention Plan

What is a relapse prevention plan?

A relapse prevention plan can help you understand your own warning signs for depression. These warning signs are different for each person. A relapse prevention plan can help you get help sooner and remind you what has worked for you to feel better.

- Fill out this form with your care manager.
- Put it where you see it every day.
- If you see signs of depression coming back, use your relapse prevention plan.

Write down your medicines.

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>How much to take</th>
<th>When to take</th>
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</table>

My depression warning signs are:

- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________

Things that help me feel better:

- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________

If I start feeling worse or for any questions, I can call my:

- main doctor at ________________________________________________
- care manager at ________________________________________________