

# 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.

Name of medicine	How much to take	When to take

## 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 \_\_\_\_\_