

Relapse Prevention Plan

A Relapse Prevention Plan focuses on stress reduction and self-monitoring and can help you to recognize depression early.

Patient Name: _____

Today's Date: _____

Program activation date: _____

Contact/Appointment information

Primary Care Provider: _____

Next appointment: Date: _____ Time: _____

Care Manager: _____ Telephone number: _____

Next Appointment: _____ (circle one-6 mo/12mo follow up call)

****Use the depression-fighting strategies that have worked for you in the past, including taking your antidepressant medication regularly, increasing your pleasurable activities and maintaining a healthy lifestyle.**

Maintenance Antidepressant Medications

Diagnosis: _____

- 1.
- 2.

You will need to stay on your medications to avoid relapse of depressive symptoms. If you feel you need to change or stop medications-please call your Primary Care Team. Your Physician can help you decide the safest options for medication changes.

Other Treatments

****Write down the problems that can trigger your depression and strategies that have helped you in the past.**

- What are some of my everyday stressors?
- What coping strategies have worked for me in the past?
- Are these skills I can use every day or every week?
- How can I remind myself to use these skills daily?

****Watch for warning signs by regular self monitoring. You can check routinely for personal warning signs or telltale patterns of thought or behavior. You may want to ask a partner or friend to let you know if they notice any warning signs**

****Use the PHQ test to check your depression score. If your score goes up over 10, it's time to get help again.**

Triggers for my depression:

- 1.

Personal Warning Signs

- 1.

Coping strategies:

- 1.

Goals/Actions: How to minimize Stress from Depression

****Try to identify three or four specific actions that will help you. Be realistic about what you can and will do.**

****Prepare yourself for high-risk situations.**

- What are some problems or predictable stressors that might affect you in the future?
- Can you do anything to make a particular event less likely or less stressful?
- If you can't avoid a stressful situation: can you avoid negative reactions (like criticizing yourself) or react in a more positive way?

- 1.
- 2.
- 3.
- 4.

When we've made changes in our behavior, there's always a tendency to drift back towards old habits. How can you stop the backward drift?

****Put drift into perspective. We all make plans, but all of us drift away. The key is catching yourself and getting back on track.**

If symptoms return, contact: _____

Patient Signature _____ Date _____