

Relapse prevention plan

What are the warning signs that need to be watched for (in the order in which they occurred)?

- 1) _____
- 2) _____
- 3) _____
- 4) _____

What types of triggers/stressors need to be watched out for?

- 1) _____
- 2) _____
- 3) _____
- 4) _____

What can we do if these things happen?

Some coping strategies to use if experiencing an early warning sign:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Who can assist the person and what can they do?

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Who should be contacted in case of an emergency?

Name _____	Phone _____
Name _____	Phone _____
Name _____	Phone _____