

# Relapse Prevention

Treatment for psychosis can help people recover, but sometimes symptoms can return. This is called a relapse. Even with treatment, relapse can happen – but there are steps you can take to lower the risk.

## Preventing Relapse Involves:

1. Managing Triggers
2. Recognizing Early Warning Signs
3. Having a Relapse Prevention Plan



## 1 Managing Triggers

Certain situations or experiences can increase the risk of relapse. These are called triggers. Common triggers include:

- Conflicts with family or friends
- Challenges at school or work
- Stressful relationships
- Substance use

## 2 Recognizing Early Warning Signs

Before a relapse, people may develop warning signs. These include changes in their thoughts, feelings, or behaviour.

Common early warning signs include:

- Sleeping too much or too little
- Feeling anxious or sad
- Difficulty concentrating
- Increased sensitivity to sounds, lights, or colours
- Feeling unusually ‘high’ or overly excited
- Talking more or less than usual
- Feeling suspicious of others
- Avoiding family or friends
- Neglecting self-care or hygiene
- Losing interest in hobbies
- Missing work or school

## 3 Creating a Relapse Prevention Plan

If you are experiencing triggers or notice early warning signs, having a plan for what to do can help prevent psychosis from coming back.

Your Relapse Prevention Plan should include:

- Triggers and early warning signs you have identified
- Coping strategies, such as trying relaxation techniques, reducing stress, or engaging in activities you like
- Medication plan (where applicable)
- People to contact for support, such as your EPI clinician, family, or trusted friends
- Emergency plan for crisis situations. For example, what to do if you have suicidal thoughts or feel like you cannot cope

# Create Your Relapse Prevention Plan

What are my triggers and warning signs?

What are my coping strategies?

Who do I reach out to for support?

What is my emergency plan?