

Relapse *Prevention Plan*



Early Psychosis Intervention Program

Client Name: _____ Telephone Number: _____

Clinician Name: _____ Telephone Number: _____

Listed below are some of the more common warning signs of relapse.

With your EPI Clinician:

- Write in additional warning signs that you noticed when the psychosis was developing (your EPI Clinician will help you determine whether they are strong warning signs or not).
- Develop a plan of action outlining what to do if warning signs are present. You should also consult with your psychiatrist to see if they would recommend any medication strategies (e.g., raising the dose, using an additional medication to help with sleep, etc.) in response to the presence of certain signs.

Remember; sometimes warning signs will be the same as they were before the first episode; however, sometimes these warning signs can be completely different. Therefore, be alert to all early warning signs.

The following symptoms are very strong warning signs.

- Hallucinations • _____
- Suspiciousness • _____
- Disorganization of thoughts • _____
- Nonsensical speech • _____
- Bizarre behaviour or strange posturing • _____
- Belief that one possesses special powers • _____
- Feeling refreshed after almost no sleep for several days • _____

Action Plan:

1. _____
2. _____
3. _____
4. _____
5. _____

The following symptoms may be normal reactions to stress or they may be early warning signs of relapse. Evaluate their duration, severity and how much they are impairing functioning.

- Changes in sleep patterns (too much or too little) • _____
- Feelings of anxiety • _____
- Agitation • _____
- Depressed mood • _____
- Difficulties concentrating • _____
- Social withdrawal • _____
- Irritability • _____

Action Plan:

1. _____
2. _____
3. _____
4. _____
5. _____