

# STAYING HEALTHY: RELAPSE PREVENTION PLAN

## MEDICATIONS:

- 1.
  - 2.
  - 3.
- ◆ CONTINUE MEDICATIONS at least until\_\_\_\_\_.
  - ◆ VERY IMPORTANT: Do not stop taking medications suddenly or without consulting your doctor. Some medications must be stopped slowly. ***Always contact your provider before stopping medication.***

## OTHER TREATMENTS:

- 1.
- 2.
- 3.

## MY WARNING SIGNS OF GETTING STRESSED:

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

## HEALTHY ACTIONS TO KEEP MYSELF WELL:

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

## WHO TO CALL:

Please call\_\_\_\_\_, at\_\_\_\_\_. if problems arise or to make an appointment.

For emergencies, you may call\_\_\_\_\_, at\_\_\_\_\_.