

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Relapse Prevention Plan

A relapse prevention plan should include:

Collaboration

- The person with the mental illness and the family/support system create and agree on the plan together.

Answers to Specific Questions

- How will we know when you're starting to relapse?
- List signs and symptoms of relapse, mild to severe.

What Will We Do If You Relapse?

- When mild symptom appears, we will:
- When more serious symptoms appear, we will:
- When severe/potentially dangerous symptoms appear, we will:

At What Point Will Hospitalization Be Considered?

- What action or symptoms require a trip to the ER?
- Which hospital is preferred?

Additional information about warning signs, fact sheets and record keeping can be found in **Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency** (nami.org/crisisguide).

