

Relapse Prevention Plan

Relapse Signature

Mental illness comes in many forms, and everybody's experience of mental illness is different. The term "relapse signature" refers to the specific thoughts, feelings and behaviours that you experience when you are becoming unwell. Recognising the signature will give you time to get the help you need when you need it.

Thoughts 

Feelings 


Behaviours 

Staying Well

It is now widely accepted that unwanted stress can contribute to mental illness, and therefore stress needs to be managed and limited. Identifying stressors is the first step to managing them.

My Stressors 

What can I do about them? 

How will I change my life? 

If I begin to feel unwell, I will 