

Form 14.1

Relapse prevention plan

Last updated on: _____

Section 1: Mood episode triggers

Trigger	Preventable?	
_____	Yes	No
_____	Yes	No
_____	Yes	No
_____	Yes	No
_____	Yes	No

Section 2: Mood episode trigger prevention plan

Preventable trigger	Prevention steps
1. _____	1. _____ 2. _____ 3. _____ 4. _____
2. _____	1. _____ 2. _____ 3. _____ 4. _____
3. _____	1. _____ 2. _____ 3. _____ 4. _____

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Section 3: Mood episode trigger management plan

Preventable trigger

Management plan

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Section 4: Signs of a possible mood episode relapse and your response

Possible signs of relapse

Response to indications of relapse
