

Depression Relapse Prevention Plan

Depression often gives early warnings before a full episode: sleep shifts, canceled plans, a shorter fuse. Writing your personal warning signs down while you are feeling steadier makes them much easier to catch later. Fill this out on a reasonable day, share it with someone you trust, and keep it somewhere easy to find.

MY EARLY WARNING SIGNS (WHAT CHANGES FIRST FOR ME)

SITUATIONS AND STRESSORS THAT TEND TO SET ME BACK

WHAT HAS ACTUALLY HELPED BEFORE

EDUCATIONAL USE ONLY

For educational purposes only. This worksheet from DepressionResource.org is general education, not medical advice, diagnosis, or treatment, and using it does not create a doctor-patient relationship. It is not a substitute for care from a licensed clinician who knows your situation. Laws, standards, and health practices vary by location; it is your responsibility to check the rules of your jurisdiction and to adapt this material or create your own documents as needed. If you may be in danger or are thinking about suicide, call or text 988 in the US, or call 911 in an emergency.

IF I NOTICE MY WARNING SIGNS, MY FIRST THREE STEPS ARE

1. _____
2. _____
3. _____

PEOPLE I CAN CONTACT

Name	How they can help	Phone or contact

PROFESSIONAL CONTACTS

Role (therapist, prescriber, primary care, pharmacy)	Name	Phone

If you may be in danger: call or text 988 (Suicide and Crisis Lifeline, US, 24/7) or call 911 in an emergency.

More crisis options: depressionresource.org/suicide-and-crisis

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