

RELAPSE PREVENTION PLAN

Jane Smith, March 2012

Prepared by: Sarah Lister, Clinical Psychologist

GREEN LIGHT: Signs you are staying well

- Moods seem to be in proportion to events and I can regulate myself
- Easily achieving restful, uninterrupted sleep
- Able to organise my thinking and concentrate on one thing at a time

ACTION

- Keep seeing Sarah Lister every 3-4 months for mental health checkups
- Take medication as prescribed
- Make a plan with Dr X about having PRN medication ready to address sleep issues if needed
- Practice stress management
- Exercise regularly
- Maintain functional daily rhythms/routines - keep going to the gym, getting up at the same time every day, working up to 8 hours a day

YELLOW LIGHT: Caution, manic episode may be returning

- Sleep becoming restless or unsettled
- Feeling very energetic or needing little sleep
- New ideas coming constantly into my mind
- Feeling preoccupied with 4 or 5 things
- Feeling tense, afraid, or anxious
- Having difficulty concentrating
- Having the urge to spend a lot of money
- Feeling very talkative and outgoing
- Feeling forgetful or “far away”
- Not feeling like eating

ACTIONS:

- Take PRN medication for sleep after 2 nights of it being restless/unsettled
- Contact Dr X, ask for earlier appointment or advice if possible
- Try to explain clearly to partner what I’m experiencing or call PTS and tell them
- If signs continue and I’m not seeing help, partner is to call PTS and request CATT support (*I have agreed* that it’s ok to do this secretly if I am showing “yellow light” signs but I’m denying I need to be assessed by CATT)

RED LIGHT: Clear signs of manic relapse

- Symptoms listed above continuing or getting worse
- Feeling very excited
- Feeling as though thoughts might not be my own
- Losing my temper easily
- Feeling as if I'm being watched
- Talking or smiling to myself
- Feeling very confident or extremely happy
- Speech comes out jumbled or is full of odd words
- Feeling confused or puzzled
- Others have difficulty following what I am saying
- Feeling as if I'm being laughed at or talked about

ACTIONS:

- I am to go to the nearest Emergency Department
- **I agree** that my partner may need to call 000 to make this happen

CONTACT NUMBERS

Dr X:

Sarah Lister: 0405 353 931

Psychiatric Triage Service (Monash Health): 1300 369 012

Ambulance: 000

For more resources and information visit [Sarah Lister Psychology](#).