



Care Manager's Checklist for Relapse Prevention Planning

- Explain why a relapse prevention plan is helpful
- Discuss these points:
 - Help patient watch for return of depression symptoms
 - Clarify how long to stay on medications (if used)
 - Outline helpful things to keep doing
- Discuss medications with patient (if patient is taking them)
- Review signs/signals that patient is feeling down or getting depressed
- Work with patient to make a list of behaviors that help improve mood
- Include contact information
- Ask patient to figure out when he/she will review this plan
- Explanation process
 - Ask patient if any questions
 - Use easy-to-understand language
 - Use approach that is empathetic and collaborative, not didactic