Relapse Prevention Plan

Warning Signs
1.
2.
3.
Emergency Contacts
1.
2.
3.

MY ACTION PLAN



Relapse Prevention Plan

Triggers	Warning Signs
1.	1.
2.	2.
3.	3.
Coping Skills	Emergency Contacts
1.	1.
2.	2.
3.	3.
MY ACTI	<u>ON PLAN</u>

Relapse Prevention Plan

Triggers	Warning Signs
1.	1.
2.	2.
3.	3.
Coping Skills	Emergency Contacts
1.	1.
2.	2.
3.	3.
MY	ACTION PLAN

Credits



Busy Bee Studio -Thank you for the flower!



Paula Kim Studio
-Thank you for the heart!