



## Section 3

Managing

Depression

# Relapse Prevention Plan

The goal of making a relapse prevention plan is to prevent a recurrence of depressive symptoms as much as possible. After the patient has been in remission (PHQ-9 less than 5) for two consecutive months, initiate the Relapse Prevention Plan.

**Patient Name:** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_

### Contact / Appointment Information

Primary Care Provider: \_\_\_\_\_ Tel. No. \_\_\_\_\_

**Next appointment:** Date: \_\_\_\_\_ Time: \_\_\_\_\_

Depression Care Manager: \_\_\_\_\_ Tel. No. \_\_\_\_\_

**Next appointment:** Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Maintenance Antidepressant Medications

1. \_\_\_\_\_ : \_\_\_\_\_ tablet(s) of \_\_\_\_\_ mg \_\_\_\_\_ Take at least until \_\_\_\_\_

2. \_\_\_\_\_ : \_\_\_\_\_ tablet(s) of \_\_\_\_\_ mg \_\_\_\_\_ Take at least until \_\_\_\_\_

3. \_\_\_\_\_ : \_\_\_\_\_ tablet(s) of \_\_\_\_\_ mg \_\_\_\_\_ Take at least until \_\_\_\_\_

4. \_\_\_\_\_ : \_\_\_\_\_ tablet(s) of \_\_\_\_\_ mg \_\_\_\_\_ Take at least until \_\_\_\_\_

Call your primary care provider or your depression care manager with any questions (See contact information above)

### Other Treatments

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Relapse  
Prevention Plan**

**Goals: How to Minimize Stress from Depression**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Personal Warning Signs**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**If symptoms return, contact:** \_\_\_\_\_

**Clinician Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

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