

A Relapse Prevention Plan

UNDERSTANDING THE PATTERN

Relapse prevention is not about predicting perfection. It is about noticing risk earlier and making support easier to reach.

Know the warning signs

Changes in sleep, isolation, secrecy, romanticising past use, missed appointments, conflict, hopelessness or stopping helpful routines.

Plan for triggers

People, places, paydays, pain, celebrations, grief, boredom and stress may need specific practical responses.

Create a contact ladder

Write who to contact first, second and urgently. Include local treatment services, GP, trusted people and emergency help.

Respond to a lapse

Prioritise medical safety, reduce shame, tell someone, review what happened and reconnect with treatment quickly.

Notice your own pattern

My warning signs:

High-risk situation:

What I will do first:

People / services to contact:

If a lapse happens, I will:

How to use this page

Read it once without pressure. Complete only the prompt that feels most useful today. Look for a link between the situation, what your mind or body expected, what you did next and what support could make a different response possible.

My next supported step

Use this resource at your own pace. Seek qualified or medical support where withdrawal, physical symptoms, significant risk or severe restriction of daily life may be present.