



Mental Health Relapse Prevention Plan Worksheet

Name: _____

Date: _____

High-Risk Situations:

Identify the high-risk situation and what are the most suitable coping strategies for each situation.

Situation 1

Triggers:

Coping strategies:

Situation 2

Triggers:

Coping strategies:

Situation 3

Triggers:

Coping strategies:

Reference

[Robberegt, S. J., Brouwer, M. E., Kooiman, B. E., Stikkelbroek, Y. A., Nauta, M. H., & Bockting, C. L. \(2022\). Meta-Analysis: Relapse Prevention Strategies for Depression and Anxiety in Remitted Adolescents and Young Adults. Journal of the American Academy of Child & Adolescent Psychiatry.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.