

Activity 9-2: Relapse prevention strategies

Not only is it crucial for families to become aware of potential warning signs of relapse, it is also important for families to develop an action plan to deal with relapses of their relative's substance use and/or mental health problem. What action would you take if you saw warning signs of relapse in your relative (e.g., sit down with your loved one in a quiet place and gently discuss your concerns, and suggest that he or she make an appointment to see the doctor, therapist and/or case manager)?