

DATE

Dear NAME,

With this letter, you'll find a copy of your Depression/Anxiety Relapse Prevention Plan. We typically complete these with you when your depression and/or anxiety are under control and well-managed. You might also hear this referred to as "in remission." This usually means that you are feeling better and have been successfully treated with medication, self-management techniques, therapy, or a combination of these things.

We recommend reviewing your Relapse Prevention Plan on a monthly basis. This can help you to keep an eye out for warning signs that your depression/anxiety may be returning. It can also help you to stay on track with taking your medications and/or using your identified strategies that have helped you manage your depression or anxiety. Consider keeping this plan in a place you might see each month; for example, some choose to keep this in the same place as where they pay their bills each month.

We know that depression and anxiety are often episodic in nature, so for some people, they might return. If you notice your symptoms returning, don't hesitate to contact myself or the other clinicians identified on your relapse prevention plan. We can then work together to review and adjust your treatment as necessary. We are here for you whenever you need us!

Sincerely,

BHCM NAME

CHC

Phone: () - | Email: