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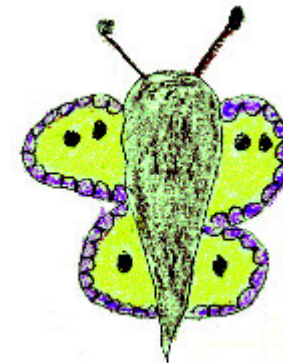
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Lancashire Early Intervention Service

Hope – Health – Recovery

What is Relapse Prevention?



Hope Recovery
Health

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The Early Warning Signs of your Relapse Signature

- ❖ Once somebody has had a psychotic episode they can do relapse prevention to try to avoid experiencing another one.
- ❖ Most people experience small changes in the way that they feel and behave before their problems start again. This period before relapse is called the 'prodromal period'.
- ❖ Research has found that identifying early warning signs of the prodromal period can help to prevent relapse, or at least make the experience less intense. This is because you can take action and seek help earlier.
- ❖ The changes in the way that people feel and behave vary for each person, though there are certain signs that are very common, for example:

Changes in feelings often include:

Anxiety
Irritability
Worrying a lot

Changes in behaviour often include:

Problems sleeping
Poor appetite
Not doing any activities

- ❖ In relapse prevention we would explore which of the common signs are relevant to you by examining the periods before your past episodes. We would also consider what other signs you can recall that are unique to you.
- ❖ Each person therefore has their own collection of common signs and individual signs, which is called a 'relapse signature'.

Action Plans

- ❖ Once we have established the early warning signs of your relapse signature, we would explore ways for you to deal with them if you noticed them happening. This is known as your 'Action Plan'.
- ❖ We would use psychological models to explore why the signs occur and then work out various possible actions that you could take if they happen. This would leave you with a choice of actions to take.

Monitoring

- ❖ You will learn how to monitor for the early warning signs.
- ❖ You may also want to explore any current problems that you are having that relate to your previous episodes. These can also be explored during the sessions, because this could also help in preventing relapse.