

List of Resource Numbers:

Family Doctor: _____

Mental Health Team: _____

Psychiatrist: _____

COAST: _____

Other: _____

Other: _____

Other: _____

For further resource ideas and information have a look at the Wellness Recovery Action Plan (WRAP) available on line and personalize it for your use.

“And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to bloom.”

Anais Nin

About this Project:

Families are an important part of a person’s recovery and well-being. The Schizophrenia & Community Integration Service (SCIS) are committed to strengthening the role of families at each step of a person’s recovery. This brochure was developed by family members and healthcare professionals and is one in a series of six including:

1. Caregivers – How Are You?
2. Managing Relapse
3. Communicating with Health Care Professionals
4. Encouraging Medication Adherence
5. Fostering Independence
6. Goal Setting – How To Help?

St. Joseph’s | Schizophrenia & Community
Healthcare Hamilton | Integration Service

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Supporting the Supporters

Schizophrenia & Community
Integration Service



Managing Relapse

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Relapse:

A relapse is when troubling symptoms come back or get worse. Although sustained recovery is the hope and the goal, planning for relapse while well is not only preferred but easier.

Look and review early warning signs, create a plan that will help and take steps to ensure self-care can make relapse less daunting for both you and your family member.

Remember, having a persistent mental illness is a chronic condition so relapse is a natural part of the illness that can be prepared and planned for. Some people may never be symptom free. Recognize that you have limits and know that this is okay.

Identify Warning Signs... They May Be Subtle

Consider the thoughts, behaviours, feelings and changes that you noticed prior to your family member being unwell and what others noticed:

- Poor sleep?
- Eating too much or too little?
- Irritable?
- Grief?
- Conflict? Stress?
- Decline in personal care?
- Perceived or real failure, criticism or disappointment?
- Alcohol/drug use?
- Time of year?
- Physical health concern?
- Interrupted medication?
- Notable, specific change in behavior/character?
- Other? _____

Now What? A Wellness Navigation Plan...

The plan may be formal with a health care professional or less formal among family members. Whatever is chosen, the plan will outline what will happen if warning signs are noticed and what is to be done. It may include:

- Signs of being unwell.
- Practical steps to address or cope with warning signs (may include exercise or listening to music).
- At what point outside help is wanted.
- Where and who to go to for help
 - Doctor?
 - Psychiatrist?
 - Hospital?
 - COAST/ local crisis team?
 - Health Team?
 - Other support person/friend? 911?
- Preferred treatment plan.
- A list of current medications.
- Contact Information of all persons/service in circle of care.
- Outline practical steps such as calling a school and/or employer.