

## Understanding Mental Health Relapse Worksheet

Following are the questions related to relapse symptoms. Answer them carefully.

**Are you facing any distressing symptoms after your recovery from a mental health condition?**

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**If yes, what type of symptoms are you having?**

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**How are these symptoms affecting your personal and social life?**

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**What are the situations which initiate the symptoms?**

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**Did your doctor inform you about the mental health relapse?**

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**How do you manage your relapse symptoms?**

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### Understanding Mental Health Relapse

- Mental Health Relapse is the occurrence of distressing symptoms after recovery. It can vary for different individuals. Some have severe symptoms and some have mild. In some people, symptoms are of longer duration and in some people they occur for a shorter period of time.
- Relapse can occur due to change in medication, stoppage medication or ending a treatment. Whenever you undergo these situations you should talk to your psychiatrist about what you can expect and what you should do to manage these symptoms.
- Get help if you face these symptoms, talk to your psychiatrist or family to inform them about your symptoms. Try to avoid bad habits and maintain a healthy lifestyle.