



Syracuse Integrative Psychiatry

Comprehensive care. Transformative outcomes.

Week 16: Relapse Prevention

Your Maintenance Plan

Congratulations! You've completed the 16-week curriculum. But mental health is a lifelong journey, not a destination. Setbacks are normal.

The goal isn't to never feel sad or anxious again. The goal is to have a plan for when you do.

My Warning Signs

How do I know when I'm starting to slip? (e.g., skipping the gym, isolating, irritability)

My Coping Tools

What skills from the last 16 weeks work best for me? (e.g., Thought Records, Behavioral Activation, Mindfulness)

My Support Team

Who can I call? (Friends, family, therapist)

A Note to Future Me

Write one sentence of encouragement to read when things get tough.

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