

Service User Name : Joe Bloggs

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Lancashire Care
NHS Foundation Trust

Crisis Contingency and Relapse Prevention Plan

To be developed jointly by worker, service user and where appropriate, carer.

My EARLY warning signs of crisis / relapse are:

yadda 2

Whenever I have these it's helpful to respond by:

.....
Include people, places, methods that work well, medication recommendations, amendments, strategies, treatment approaches that reduce the risks / crisis, Do's and Don'ts

My MID warning signs of crisis / relapse are:

Whenever I have these it's helpful to respond by:

.....
Include people, places, methods that work well, medication recommendations, amendments, strategies, Treatment approaches that reduce the risks / crisis, Do's and Don'ts

My LATE warning signs of crisis / relapse are:

Whenever I have these it's helpful to respond by:

.....
Include people, places, methods that work well, medication recommendations, amendments, strategies, Treatment approaches that reduce the risks / crisis, Do's and Don'ts

Factors (triggers) which increase the risk of relapse are:

Things to attend to if I am admitted to hospital: (Dependents, keys, pets, etc)

The phone numbers of services that I may find useful are:

If I have any concerns I will contact:

My Care Coordinator who is:

Hours of contact

On phone number:

In the absence of my Care Coordinator, during working hours, I will contact:

Hours of contact:

On phone number:

At all other times I will contact the Crisis Team who are _____
available on:

My Informal Support is: _____

Hours of contact: _____

On phone number: _____

My GP is: _____

Surgery Address: _____

On phone number: _____

Has this plan been agreed by the service user?

☐ Yes

☐ No

Has a copy of this plan been given to the service user?

Date plan issued: _____

☐ Yes

☐ No

Has a copy of this plan been given to the carer?

Date plan issued: _____

☐ Yes

☐ No

☐ Not Applicable

Has a copy of this plan been given to the anyone else?

☐ Yes

☐ No

Comments

Please use this box to record any comments about the agreement or sharing of this plan