

Ways to reduce the risk of a relapse:

1. **Be aware of your symptoms.**
2. **Keep track of your symptoms daily.**
3. **Have a “buddy system.” Let someone close to you know how you are doing, especially if you’re not feeling well.**
4. **If your symptoms get worse, or new ones appear, call your prescriber or treatment team right away.**
5. **Do not make several changes in your life at one time—too much stress can lead to a relapse.**
6. **Take your medicine every day.** Missing doses or stopping medicine can upset your body’s chemical balance and cause a relapse. Talk to your prescriber or treatment team nurse about what to do if you miss a dose.
7. **Stay away from alcohol and street drugs.** They can trigger a relapse by upsetting the chemical balance in your brain and interacting with medicine.