




Person Oriented Discharge Summary (PODS)


After Care Relapse Prevention Guide


	My medications	
If I have any questions regarding my medications,		
My Pharmacy is		Phone:

	Signs I am struggling and what to do
Early Warning Sign	What to do to help myself

Go to Emergency Department if:

	Things to Remember
Activity	Instructions:

	My Supports
Call/Go to	Phone Number:
Psychiatrist:	
Family Doctor:	

 **My Notes**
