

Date: [Insert Date]

To: [Recipient Name]

Subject: Support Check-In and Progress Review

Dear [Recipient Name],

I am writing to check in on your wellbeing and to offer continued support for your recovery journey. This letter serves as a reminder of the progress you have made and the resources available to you to maintain your stability.

Current Status

How have you been feeling over the past [Insert Timeframe]? Please take a moment to reflect on any challenges you have encountered or successes you have achieved.

Review of Coping Strategies

As part of your relapse prevention plan, remember to utilize the following tools:

- [Insert Tool/Strategy 1]
- [Insert Tool/Strategy 2]
- [Insert Tool/Strategy 3]

Identifying Warning Signs

Please be mindful of any early warning signs that may indicate increased stress or risk, such as:

- [Insert Warning Sign 1]
- [Insert Warning Sign 2]

If you notice these signs, please reach out to your support network immediately.

Support Resources

If you need immediate assistance or simply need someone to talk to, please contact:

- Support Contact: [Insert Name/Phone Number]
- Crisis Hotline: [Insert Number]
- Next Appointment: [Insert Date/Time]

You are not alone in this process, and your commitment to your health is commendable. I look forward to hearing from you soon.

Sincerely,

[Your Name]

[Your Title/Organization]