ONE MESSAGE CAN START IT

You do not need a perfect explanation.

Try this with someone safe:

“I used again. I could use support with my next step. Can you talk with me while I contact help?”

If that person cannot respond, try another trusted person or a support service. You deserve help even if this has happened before.

Someone I can contact:

If they are unavailable:

One thing I need help with:

If you are in immediate danger, use emergency help instead of waiting for a reply.

PROGRESS IS PROGRESS

You can come back for support.

Asking sooner. Telling the truth. Trying a different plan. These are steps worth noticing.

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www.progresscounselingprograms.com

US SUPPORT

Medical emergency or suspected overdose: call 911.

Emotional distress or suicidal crisis: call or text 988.

Find substance use and mental health treatment: FindTreatment.gov

General adult education. Not medical care, a detox plan, or a substitute for individualized treatment. This guide is not an emergency service.

SOURCES / SAFETY INFORMATION

CDC / Naloxone & overdose response
CDC / Opioid tolerance & overdose risk
FDA / Benzodiazepine withdrawal
NIAAA / Alcohol withdrawal

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RECOVERY IN REAL LIFE / 01

You used again. What happens next?

The progress you made still counts. The next step matters, too.



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01 / START WITH SAFETY

Get help now if you need it.

Do not wait for a milestone or finish this worksheet before seeking care.

POSSIBLE OVERDOSE

Hard to wake, slow or stopped breathing, or choking/gurgling sounds? Call 911. Give naloxone if available when an opioid overdose is possible. Follow its directions and the dispatcher’s instructions. Stay until emergency help arrives.

WITHDRAWAL NEEDS CARE

Stopping alcohol after heavy, regular use or suddenly stopping benzodiazepines can cause life-threatening withdrawal. Seek medical guidance for a safe plan. Do not try to manage withdrawal with this pamphlet.

REDUCE IMMEDIATE RISK

Avoid using alone or mixing substances. After time away from opioids, a previous dose can cause an overdose as tolerance falls. Keep naloxone accessible and let someone know where it is.

Do not drive while impaired. Arrange a safe ride and sober care for children or anyone depending on you.

02 / GET SOMEONE BESIDE YOU

One connection. One next step.

You do not have to explain your whole history to ask for help today.

REACH OUT

Use the message on the flap. Contact a trusted person, a recovery support, or a treatment provider. If care has been hard to access, ask what low-cost or local options are available.

SAY WHAT WOULD HELP

“Can you help me find care?”
“Can you stay while I make the call?”
“Can you help arrange a safe ride?”

My next safe step is:

Who or what can help?

When will I contact them?

If this step is not available, I can try:

A smaller step can still change what happens next.

03 / WHEN YOU ARE SAFE

Get curious. Change one thing.

Try this once you are safe, on your own or with support. You can leave any prompt blank.

BEFORE

What was happening? What was I feeling or needing?

DURING / AFTER

What did using do for me briefly? What did it cost or leave unresolved?

NEXT TIME

What is one earlier signal I can notice? What support or change could help?

CHECK BACK

A time to review this plan with support:

Sooner if needed. There is no deadline for “doing recovery right.”