

THE RECOVERY DESK

PREMIUM EDITION

36 Recovery Coping Cards

Portable reminders for grounding, choice and support



Expanded guided resource

22 pages • original tools plus premium guided practice

Worked examples • reusable plans • scripts • evidence transparency

PRINTABLE • CHOICE-BASED • PRACTICAL

START HERE

How to use this premium edition

The original 36 Recovery Coping Cards resource is preserved and followed by 8 new guided-practice pages tailored to portable reminders for grounding, choice and support.

Choose, do not complete

Start with the page that matches the present moment. Skip, pause or return later.

Use it with support

Bring a page to a counsellor, peer worker, healthcare professional, supervisor or trusted person when appropriate.

Test personal fit

Notice what changed. Keep, adapt, combine or replace an exercise rather than treating it as a rule.

Know the limit

This resource offers education and reflection. It cannot diagnose, provide emergency care or replace individualized treatment.

Safety comes before completing a page

For immediate danger, overdose, severe withdrawal or a medical emergency, call 911. In Canada, call or text 988 for suicide crisis support.

Before you begin

PURPOSE

This original educational resource combines plain-language information with fictional examples and guided reflection. It is not an evaluated or clinically validated intervention, and it does not guarantee an outcome.

YOUR CHOICE

You can skip questions, use a hypothetical example, write privately, and ask for support. Personal safety, culture, language, disability access, and practical realities matter more than completing every page.

SAFETY AND SCOPE

If there is immediate danger or a suspected overdose, call 911 in Canada or your local emergency number. For suicide crisis support in Canada, call or text 988. For medical, withdrawal, medication, legal, or individual treatment questions, consult a qualified professional.

KEEP IT PRACTICAL

Choose small, specific actions. If a tool is ineffective, consider another strategy, a safer location, another person, or professional support.

CUT-OUT CARDS / 1

PAUSE

I can delay a decision and take one small step first.

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CHANGE PLACE

Where could I go that feels safer right now?

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CONTACT

Who can offer company or practical support?

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BODY CHECK

Do I need food, water, rest, or a medical assessment?

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CUT-OUT CARDS / 2

NO SELF-TEST

I do not have to prove I can sit with a risky situation.

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ONE ACTION

What is the smallest useful thing I can do next?

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PLAN B

If the first tool does not help, I can change category.

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WRITE IT

A one-sentence plan can be enough for now.

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