

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

After a Loved One Survives an Overdose

A practical family guide for the period after an emergency, with room for your own reactions.

Five topic-specific chapters, worked examples, guided exercises, reusable planning pages and source notes.

PRACTICAL TOOLS FOR RECOVERY

Educational resource • Choose what fits • Seek professional support when needed

START HERE

How to use this resource

Choose one page that matches your circumstances. You can skip questions, take breaks, work privately, or invite a trusted support person. These exercises are for education and planning; they cannot diagnose, provide individualized treatment, or guarantee an outcome.

BEFORE YOU BEGIN

If there is an immediate medical or personal safety emergency, contact emergency services (911 in Canada). For suicide-crisis support in Canada, call or text 988. Withdrawal from some substances can require urgent medical care; ask a qualified professional rather than using a workbook to decide what is safe.

YOUR CHOICES

You may change your mind about an exercise, leave a question blank, and ask for assistance. Sharing personal experiences is optional; confidentiality cannot be guaranteed in group or shared living settings.

MAKE THE RESULT USABLE

At the end of each chapter, keep one specific next step: who, what, where, when, and your backup if the preferred option is unavailable.

CHAPTER 1 / 5

Respond to the immediate aftermath

An overdose can be frightening even after someone is awake. Emergency clinicians should guide assessment and follow-up; naloxone may wear off before some opioids do. Follow emergency instructions and do not assume that apparent improvement means medical care is unnecessary.

FICTIONAL EXAMPLE

After naloxone is administered, a family member calls emergency services and stays nearby until responders arrive rather than treating the incident as resolved.

GUIDED REFLECTION

1. Which instructions did emergency staff provide?
2. What questions remain for qualified clinicians?
3. What does the family need to do in the next few hours?

YOUR PRACTICAL NEXT STEP

Make a post-emergency questions list, not a home medical protocol.

WORK IT THROUGH

Respond to the immediate aftermath

Keep answers specific to your circumstances. Write a few words, draw a plan, or discuss the prompts with a trusted person. You do not need to fill every line.

1 Which instructions did emergency staff provide?

2 What questions remain for qualified clinicians?

3 What does the family need to do in the next few hours?

PRACTICE / TAKE-HOME ACTION

Make a post-emergency questions list, not a home medical protocol.

My next action, who can help, and when I will review it

CHAPTER 2 / 5

Recognize your own response

Family members may feel relief, anger, numbness, fear, or exhaustion. You need not process everything immediately. Consider food, rest, a trusted listener, and a private follow-up. Avoid making major relationship decisions in the peak of shock.

FICTIONAL EXAMPLE

Aunt Lina asks another relative to handle routine errands while she gets rest and arranges a conversation with a counsellor.

GUIDED REFLECTION

1. What is your body telling you it needs today?
2. Who can listen without asking for details you want private?
3. Which decision can safely wait?

YOUR PRACTICAL NEXT STEP

Create a 24-hour family wellbeing plan.