

THE RECOVERY DESK

PREMIUM EDITION

A Loved One's Overdose & Crisis Preparedness Workbook

Preparedness, communication and post-crisis support

Expanded guided resource

27 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 A Loved One's Overdose & Crisis Preparedness Workbook resource is preserved and followed by 12 new guided-practice pages tailored to preparedness, communication and post-crisis 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.

FOR FAMILIES

You can offer support and set limits, but you cannot control another adult's decisions. Do not use this workbook to pressure disclosure, impose surveillance, demand reconciliation, or stay in an unsafe situation.

01 Recognize a possible emergency

UNDERSTAND

An unresponsive person, slow or absent breathing, or unusual gurgling can signal overdose. If unsure, treat it as an emergency: call 911 or the local emergency number immediately. Follow dispatcher instructions.

EXAMPLE - FICTIONAL SITUATION

A family member finds someone difficult to wake with abnormal breathing; they call emergency services immediately rather than waiting to confirm which substance was taken.

TRY IT IN YOUR SITUATION

Write only what feels safe and relevant. You may use a fictional example, skip a prompt, or discuss it with a trusted support person.

What emergency number applies where I live?

Which signs would make me call immediately?

Where is the address I would give to dispatch?

A SMALL ACTION YOU CAN CHOOSE

Save your location and emergency number on an accessible card.

My exact next step, when I will try it, and the support I can request