Withdrawal: a safer first step

Write short, realistic answers. You can change this plan later.

What am I changing?

Substance, usual pattern, last use, and any past withdrawal concerns.

What symptoms am I noticing?

Write what you feel, when it began, and whether it is changing.

Who can assess me?

A clinician, withdrawal service, pharmacist, or urgent care contact.

What support can I arrange?

Safe place, transportation, food, water, phone, and someone to check in.

Keep this plan close

If the first idea does not help, use your backup and ask for support.

People and services

Name, phone, and what I can say when I call.

What would tell me I need more help?

Symptoms, worsening distress, or a plan to use that feels hard to interrupt.

The next safe step I will take

One concrete action I can do today; include a backup.

Safety note

Alcohol and benzodiazepine withdrawal can be dangerous. Ask for medical advice before stopping suddenly if you may be dependent.

Immediate danger or overdose: 911. Suicide crisis (Canada/U.S.): call or text 988.

Educational worksheet, not a diagnosis or medical withdrawal plan.