



FREE STARTER PLAN

My First 24 Hours Recovery Plan

A free, printable plan for the first day after withdrawal management, stabilization, treatment, or a decision to begin again.

Eight practical pages for safety, basic needs, support, medication questions, cravings, transportation, and a backup plan.

THE RECOVERY DESK

Practical tools for recovery

Before you begin

Use these pages at your own pace. You may pause, skip a question, or complete a page with a trusted support person.



Safety first

- If you may hurt yourself or someone else, call 911. In Canada, call or text 988 for suicide crisis support.
- Call 911 for overdose, severe withdrawal, chest pain, trouble breathing, seizure, severe confusion, or if someone cannot be awakened.
- Do not stop prescribed medication or make withdrawal decisions based on this workbook. Speak with a qualified health professional.

What this resource is

- General education and structured reflection for recovery planning.
- A way to prepare questions, notice patterns, and organize practical next steps.

What it is not

- Medical advice, diagnosis, individualized therapy, legal advice, or emergency care.
- A guarantee of abstinence, safety, or treatment outcome.

Licence

- My First 24 Hours Recovery Plan is an original educational resource from The Recovery Desk.
- The purchaser may print copies for their own personal use.
- The file may not be resold, posted online, placed in a shared resource drive, altered for resale, or distributed as a competing product.

Where I will be

Reduce uncertainty by writing down the practical details before the day becomes stressful.



Where will I sleep tonight?

Address, entry time, contact person, house expectations, and anything I need to bring.

How will I get there?

Transportation, departure time, fare, route, ride, and one backup option.

What could make this place risky?

Substances, conflict, isolation, unsafe people, or access concerns.

People I can reach

Choose at least one person who can respond today, not only someone you hope might be available.



My first call or message

Name, number, when I will contact them, and what I will ask for.

Professional or community support

Clinic, counsellor, meeting, peer, outreach worker, crisis line, or other support.

If nobody answers

List a second person, a public safe place, 211, 988, an emergency department, or another backup.

Basic needs and health

Recovery planning works better when the body has food, water, rest, medication guidance, and a safe place.



Food, water, clothing, phone, and money

What do I have? What needs to be arranged today?

Medication and pharmacy questions

List only the directions given by your prescriber or pharmacist and questions to ask them.

Symptoms that mean I need urgent help

Use the discharge instructions you received. If uncertain or symptoms are severe, seek urgent medical help.

My craving plan

A craving can rise quickly. Decide the first actions before it becomes a plan.



My likely trigger in the next 24 hours

Person, place, money, conflict, loneliness, pain, fatigue, or another cue.

What I will do for the first 20 minutes

Delay, change location, eat, hydrate, move, distract, remove access, or call support.

The exact words I can use

Example: My craving is high. Can you stay on the phone while I get somewhere safer?

A simple schedule

Keep the plan realistic. One safe step in each block is enough.



Morning

Where will I be? What will I eat? Who will I contact?

Afternoon

One appointment, useful task, meeting, walk, or safe activity.

Evening

Meal, safe company, entertainment, reduced access, and bedtime plan.

Overnight

What will I do if I cannot sleep, feel unsafe, or have a strong craving?

If the plan changes

A disrupted plan is a cue to reset, not proof that the entire day is lost.



If housing or transportation falls through

Where can I wait safely? Who can help me navigate options?

If I use or come close to using

Overdose safety, medical help, support contact, and the next safer decision.

My non-negotiable safety step

The one action I will take even if everything else changes.

Keep this page visible

Fill in the details and keep a photo on your phone.



My essentials

- Where I am sleeping: _____
- My first support: _____
- My pharmacy or clinic: _____
- My safest place if plans change: _____
- My next appointment or group: _____
- My reason to get through today: _____

Urgent help

- Call 911 for immediate danger, overdose, or a medical emergency.
- In Canada, call or text 988 for suicide crisis support.
- Call 211 for local social and community service navigation.