

Recovery Support and Safety Plan

Make this plan while things are steady. Keep it somewhere easy to find.



Reasons I want recovery today

People, values, goals, health, freedom, stability, or something small and personal.

People I can contact

Names, phone numbers, and what I can ask each person for.

Safe places I can go

Include options for daytime, nighttime, and bad weather.

Things I will move away from

Access to substances, cash, contacts, locations, weapons, or other risks.

Professional and community supports

Counsellor, doctor, clinic, crisis line, meeting, Elder, sponsor, peer support.

If I cannot stay safe

Call 911 or 988, go to the nearest emergency department, or contact: _____

If completing this page increases distress or you feel unable to stay safe, pause and contact a trusted support, 988, 911, or an emergency department.