

Name:

My Personal Recovery Safety Plan

Congratulations on your commitment and efforts to maintain sobriety!

Let's work together to develop and write down a plan which will help support you and prepare for tough times should you hit bumps.

These are top reasons which I choose to be sober today:

-
-
-

Here are a few things that I do regularly to stay sober:

-
-
-

These are actions I can take if and when I have cravings: (examples: call a support, eating if hungry, going to a meeting, reading recovery material, reminding myself that cravings can be intense but pass, or thinking of the consequences of using)

-
-
-
-

Places I can go which provide positive distraction (like 12-step meetings, a coffee shop, the library, or specific family or friends etc).

-
-

My Triggers or Early Warning Signs - Things I need to look out for include:

(examples could be, cravings, changes in attitude towards recovery, or behaviors)

-
-
-
-

Here are a few people I can call who support my recovery:

Name

Number

.....

.....

.....

.....

.....

.....

Or I can reach out to these recovery resources:

212-123-4567	NYC Narcotics Anonymous Intergroup
212-929-NANA (6262)	Greater NY Narcotics Anonymous
212-647-1680	NYC Alcoholics Anonymous Intergroup

My Personal Recovery Safety Plan (continued)

Additional Resources:

1-800-LifeNet (543-3638)	New York State Crisis and Resource Hotline
1-888-NYC-Well (632-9355)	NYC Crisis and Resource Hotline
Text "WELL" to 65173	NYC Well Text Support
1-844-277-4820	Ulster County Mobile Mental Health (1PM - 11PM)

My Institute for Family Health Center's phone number is

Now, as much as we support and believe in your recovery, for some people the journey has setbacks. **After even a short time without using drugs, your tolerance goes down – this significantly increases your risk of overdose.** It is important to talk about how to reduce your risk should you have a slip or relapse.

Overdose Prevention Tips:

- **Use less after any period of abstinence!**
 - Decreased tolerance significantly increases the risk of overdose.
- **Do not mix drugs, prescriptions and/or alcohol.**
- Use a less risky method (i.e. snort instead of inject).
- Test the strength of the drug before you do the whole amount.
 - "A Tester Shot" is it the effect you were expecting?
- Do not use alone, or when having thoughts of suicide.
- Develop an overdose plan with your friends or partners.
- **Get a Naloxone kit, learn how to use it and keep it with you.**

Save a Life Carry Naloxone

Naloxone is a medication that reverses overdoses from opioids such as heroin and prescription painkillers. **Talk with your care team about how you can get an overdose prevention kit today.** Naloxone is available to anyone who is at risk of opioid overdose — or knows someone who is.



**If you do have a slip, don't give up!
Many people have had slips, so reach out
for help and get back up.**

Good luck as your recovery journey continues!