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:

<table>
<thead>
<tr>
<th>Name</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>..............................</td>
<td>.........</td>
</tr>
<tr>
<td>..............................</td>
<td>.........</td>
</tr>
<tr>
<td>..............................</td>
<td>.........</td>
</tr>
</tbody>
</table>
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!