A PAUSE, A PRACTICE, A NEXT STEP

Addiction & Substance Use

Find help for yourself or someone you care about.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Safety comes first

If someone may have overdosed, call 911 in the U.S. Give naloxone if opioids might be involved and you have it. Stay with the person until help comes.

Choose someone to talk to

You could tell a person you trust, “I’m worried about how much I’ve been using. Can you sit with me while I call for help?”

01 / Notice and reflect

What change would you like help with?

02 / Notice and reflect

Who could help you take the next step?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: If you drink heavily and often or take benzodiazepines regularly, get medical advice before cutting down or stopping. A sudden stop can cause dangerous withdrawal.

Read more: SAMHSA · Find help for recovery

More tools and immediate support: Our Healing Room / Crisis Support.