A PAUSE, A PRACTICE, A NEXT STEP

Getting Back to Care After Using Again

You can reach out today, even if it has been a while.

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.

Check for an emergency first

If someone may have overdosed, call 911 now. If an opioid might be involved, give naloxone if you have it. Stay with them and follow the dispatcher’s instructions, even if they wake up.

01 / Notice and reflect

Who can help me make the call?

02 / Notice and reflect

When is the next time I might need support?

03 / One next step

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

When to seek help: Reach out to your care team even if you used only once. If someone is hard to wake or is breathing slowly or unevenly after using, call 911 immediately.

Read more: National Institute on Drug Abuse · Why treatment can change during recovery (PDF)

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