A PAUSE, A PRACTICE, A NEXT STEP

Stimulant Use

Get help with cocaine, meth, or stimulant pills.

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.

Name the hard part

Notice one situation when you feel pulled to use, such as an overnight shift or seeing a certain friend. Choose someone you can check in with before that time.

01 / Notice and reflect

Which situation makes it harder to say no?

02 / Notice and reflect

Who could check in before that time?

03 / One next step

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

When to seek help: If someone will not wake up or is breathing slowly, call 911. An opioid could also be involved. Give naloxone if you have it and stay until emergency help arrives, even if the person wakes up.

Read more: CDC · Stimulant overdose signs and how to respond (PDF)

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