My next-craving plan

A substance-use recovery planning tool for adults. Complete with your counselor or support person. You may skip any prompt. Keep contact information private.

If I notice this trigger or early warning sign...

Then my first coping action will be...

If I need more help, I will contact... (name/role and contact method)

A safer place I can go, and how I will get there:

If my first plan is unavailable, my backup is...

My reason for this choice, and when I will review this plan:

Educational support only; not detoxification, medical advice, or emergency care. For an immediate emergency in the U.S., call 911. Free sample: may be shared intact without charge. Do not sell or alter attribution.