

## Recovery Safety Plan

Even with the best of planning, clients can encounter unexpected situations that can pose a threat to their recoveries. One way to prepare for such an event is to prepare a recovery safety plan. A recovery safety plan involves 3 parts. The first part helps each client identify how they will know they need to activate their safety plan. The second part dictates a place of physical/psychological safety to which they will go as quickly as is possible. The third is a list of who they will contact as soon as they can. Treatment programs or probation departments can have the recovery safety cards printed and then completed by each client so that he or she can carry the card with them in their wallet or purse.

### Recovery Safety Plan

Everyone can face situations that threaten their personal recovery and physical or emotional health. Preparing a recovery safety plan ahead of time can help you manage such situations.

I. I will know I am in trouble and need to activate my recovery safety plan if any of the following occur:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

II. If I experience any of the above, I will go to one of the following places as soon as I can get there.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

III. If I experience any of the above, I will contact the following people as soon as I possibly can.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

<b>Recovery Safety Card</b>	
<b>Name</b>	<b>Telephone</b>
<b>Number</b>	
1.	
2.	
3.	