

After Use Choosing the Next Step

Addiction and recovery | Adults | 10 to 15 minutes

Respond to a return to use with immediate care, useful learning, and a renewed plan.

If substance use happened after a period of change, begin with your current safety and needs. You can take the next helpful step without deciding that all progress is lost. Complete this page when you are able to think and participate clearly.

Care before analysis

Check whether medical help, a safe place, food, water, or support is needed. Do not drive while impaired. Suspected overdose or serious withdrawal symptoms require urgent medical care. A return to use after reduced use can involve overdose risk; discuss a prevention plan with your treatment team.

Learn without punishment

Describe the events leading up to use and the first place additional support might have helped. Identify one consequence that needs attention and one action you can take today. Contact treatment support rather than disappearing from care. A revised plan can include different treatment intensity or medical support.

My immediate care or safety needs and who can help are

The sequence before use and an early warning I noticed were

One practical repair I can make today is

My next treatment or support contact and the plan change to discuss are