

# Building My Recovery Support Team

Addiction and recovery | Adults | 10 to 15 minutes

## Match different recovery needs with specific people, services, and requests.

One person does not have to meet every need. Build a support plan with different roles: practical help, emotional connection, recovery companionship, and professional care. Include people and services that respect your goals and boundaries.

## Give each support a role

A friend might offer a check in, a peer group might offer shared experience, and a clinician might help with treatment decisions. Ask before assuming someone is available. Consider whether a relationship feels safe, respectful, and useful for the kind of support you need.

## Prepare a clear request

Try a request with a specific action and time: Could you call me after work on Tuesday while I get through the evening? Plan what to do when someone says no or does not answer. Include transportation, cost, language, technology, and accessibility when choosing services.

## For practical help, I can ask; my specific request is

## For connection or recovery support, I can contact

## For treatment questions, I can contact; my next appointment or step is

## A boundary I need and a backup when support is unavailable are