

Recovery Can Include Different Supports

Addiction and recovery | Adults | 5 to 10 minutes

Explain recovery options while keeping personal choice and medical safety visible.

Recovery planning begins with what matters to you and what help you need. Goals and supports may change over time. Your care team can help you consider options and make a plan that addresses health, safety, relationships, and daily life.

A menu to discuss

Options can include counseling, peer support, practical assistance, treatment for other mental health concerns, and medications for some substance use disorders. Medication treatment can be part of recovery. Ask what an option is meant to help with, its benefits and risks, its cost, and how progress will be reviewed.

Safety deserves its own plan

Ask a medical professional before abruptly stopping alcohol after heavy regular use or benzodiazepines taken regularly; withdrawal can be dangerous. If opioid exposure is possible, discuss naloxone and overdose prevention. If someone cannot be awakened, has slow or stopped breathing, or you suspect overdose, call 911, use naloxone if available for possible opioid exposure, and follow emergency instructions.

Keep the conversation open

Tell your provider what is helping, what feels difficult, and what you have not been able to access. A return to use is a reason to reassess support and treatment. It does not make you undeserving of care. This page introduces choices; it does not prescribe a detoxification or medication plan.

One option or safety question I want to discuss is