

Recovery support networks

A Recovery Network With Clear Roles

Adults | 10 to 15 minutes

Recovery support may include healthcare, medication care, peers, practical help, trusted relationships, or community connection. Different people can offer different things, and no one has to be available all the time. Build a network around your goals and actual preferences.

Choose three kinds of support you need. Ask before assigning someone a role and keep clinical or emergency needs with appropriate services.

Match the role

Separate listening, practical assistance, treatment questions, peer connection, and urgent care. Consider whether a service respects your beliefs, identity, culture, access needs, and prescribed treatment.

Prepare requests and alternatives

Ask for something specific, such as a ride, a brief check-in, or information about appointment access. Clarify limits and choose an alternative when the first person or service cannot help.

1. What different kinds of recovery support do I need?**2. Which person or service fits each need, and what must I ask first?****3. What specific request respects both my needs and their limits?****4. What backup will I use if support is unavailable or the situation is urgent?****Clinical use and adaptation**

Protect privacy and obtain consent before involving supporters. Do not make peers responsible for medical care or crisis response beyond their competence. Respect medication and nonmedication pathways, assess safety, and verify the availability of proposed services.