

My stabilisation plan

Fill this in when you're feeling calm, and keep it somewhere you can reach quickly.

1 My warning signs

How can I tell that a relapse is close or has already started?

2 My first step

What do I do first when I notice I'm close to a relapse or have had one?

3 Who supports me

Which people or services can I call if I relapse?

Name

Phone

4 What keeps me steady

What can I do to find my footing again, and how do I build it into my everyday life?

5 Professional support

What kind of help do I want to get, for example a counselling service, a self-help group or therapy?

6 My successes

What have I already achieved along the way? Take a moment to remember it and be proud of yourself.

7 A message to myself

What do I want to tell myself after a relapse? A clear, encouraging reminder of my goals, who I can turn to and how I get back on track.

A relapse is not a failure. It can be part of the journey, and a chance to review and improve your strategies. You're not alone, and support is there when you need it.

CRISIS NUMBERS (GERMANY)

This plan does not replace treatment or professional help.

If you're looking for professional help, you can find it at the numbers below.

Acute emergency	112
TelefonSeelsorge (free, 24/7)	0800 111 0 111 · 0800 111 0 222 · 116 123
Notfalltelefon Sucht (addiction emergency line)	0180 365 2407
Ärztlicher Bereitschaftsdienst (out-of-hours doctor)	116 117
Helplines in other countries	findahelpline.com