

My Support Circle



Recovery does not have to happen in isolation. Support may include peers, family, friends, sponsors or mentors, counselors, healthcare professionals, faith communities, recovery groups, coworkers, or other safe people.

People I can call when I am struggling:

Recovery / peer supports:

Professional supports:

People who help me remember who I want to be:

A connection plan for a hard day:

First person I will contact: _____

Meeting / place I can go: _____

What I need to say out loud: _____