My recovery support plan

Small steps, steady support

Build a plan that fits your life

Recovery does not have to look the same for everyone. A useful plan includes people, practical actions and professional care where needed. Keep it realistic enough to use on a difficult day.

Make room for the basics

Plan regular food, rest and time with supportive people. Choose one manageable action each day. Rest can be part of recovery; you do not have to fill every hour to prove you are doing enough.

Plan for the difficult moments

Identify times when drinking feels more likely. Arrange support before those times, consider safer places to spend time, and decide how you will leave an uncomfortable situation.

Keep checking in

Support might include counselling, peer meetings, a GP and treatment recommended by a clinician. Review your plan when life changes. If you start pulling away from support, tell someone rather than waiting for a crisis.

Before you change your drinking

If you drink heavily or regularly, need alcohol to feel steady, or have had withdrawal before, speak with a doctor before stopping or sharply reducing. Alcohol withdrawal can be life-threatening. Shaking, sweating or feeling unwell after cutting down needs prompt medical advice. Call 000 for seizures, severe confusion or hallucinations.

Australia: Alcohol and Other Drug Hotline 1800 250 015 (free, confidential advice). Lifeline 13 11 14 (24/7 crisis support). Call 000 if there is immediate danger or a medical emergency.

Make it personal

Write a few words. You can leave questions blank or talk them through with someone.

My reasons for making a change...

My minimum daily plan: one action and one connection...

My professional or peer support, with appointment details...

My early warning signs and what I will do...

My next review date and who will help me review it...

You do not have to do this alone.

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Safety and support sources: healthdirect.gov.au/alcoholism; adf.org.au/insights/safely-withdrawing-alcohol/; lifeline.org.au/131114; medicarementalhealth.gov.au/provider/national-alcohol-and-other-drug-hotline-16469. Checked 1 October 2026.