Life after the 12-week programme

My plan for continuing recovery and asking for help

Finishing is a transition

Completing a programme does not mean you need to manage everything alone. Use this worksheet with your counsellor or recovery coach to agree on ongoing support before your final session.

Keep what works in your week

Identify the appointments, meetings, routines and relationships that help you. Example: "Wednesday is my support meeting, and I will arrange a regular check-in." Choose a plan that fits your access, finances and needs.

Know your early warning signs

You might notice avoiding contact, hiding how you feel or spending more time in settings linked with drinking. Your signs are personal. Decide who you will tell and how you will increase support if they appear.

Build a life and review the plan

Make space for rest, enjoyment and manageable goals as well as recovery support. Review your plan when circumstances change. If you drink again, seek support promptly and consider medical safety before suddenly stopping or cutting down.

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 ongoing support, contact details and appointments...

My weekly routine: recovery, rest and enjoyment...

My personal warning signs and the action I will take...

If I struggle or drink again: who I will contact...

My next goal and review date with my support person...

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.