

My next-step card

Use only after immediate safety needs are addressed. If you need urgent help, stop here and seek it. Short notes or a conversation are enough.

Date / period: _____

Safety first. Call 000 for unconsciousness, abnormal breathing, a seizure, severe confusion or immediate danger. Follow the emergency operator's instructions. Do not compensate by suddenly stopping or making a large reduction if you may be dependent. Obtain medical advice about withdrawal risk. For crisis support call Lifeline on 13 11 14. In Victoria, DirectLine is available on 1800 888 236.

1. Who will I contact?

Choose a clinician, service or trusted support person.

2. What support is available now?

Note an existing plan or practical help you can access.

3. What needs a review?

What has changed, or is no longer working?

4. What did I notice beforehand?

Leave this until later if reflection feels too much.

5. What is my next agreed step?

Include who can help and when you will check in.

What helped me reconnect, and what could make support easier to reach next time?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/after-a-return-to-use/>