The next useful step

Choose what helps this consultation. Use roles and non-identifying notes only; do not enter patient names, dates of birth or clinical identifiers. This is not a referral, monitored message or treatment commitment.

Date / period: _____

Safety first. Acute intoxication, withdrawal, overdose, suicide risk or family and child safety concerns need appropriate assessment and action. A brief intervention is not triage. Call 000 for unconsciousness, abnormal breathing, a seizure, severe confusion or immediate danger. Do not wait for a routine review. Heavy or daily use needs medical advice before abrupt cessation or a large reduction. Do not use this sheet to plan withdrawal.

1. What matters today?

Is the main difficulty waiting, a practical barrier, uncertainty or carrying out a plan?

2. What have we understood?

Note the person's priority and any relevant clinical concern or disagreement.

3. What is the next step?

Choose one feasible action and an obstacle to plan around.

4. What care or support is needed?

Include relevant interim care, agreed help and safety advice.

5. Who will do what, and when?

Agree review arrangements and what should prompt earlier contact.

At review: what happened, what got in the way, and what needs adjusting?

If this sheet includes patient information, store and share it through your established secure clinical systems. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: https://www.dreric.net/practice-resources/brief-interventions-while-waiting/