

My Safer Choices Plan

If you are not ready or able to stop, reducing risk still matters.

Situations where my use feels most risky

Warning signs that I may be losing control

People I trust to know what is happening

Ways I can avoid being alone in a risky situation

How I can reduce impulsive decisions around substances

What would tell me I need urgent professional help?

Where can I seek specialist or medical support?

One safer choice I am willing to make is...