

My Support Network

Use this sheet to write down who can help you, and keep it with you in your wallet or purse.

Who can support me?	How can they support me?	What barriers might I come across?	How can I overcome these barriers?	What are their contact details?
e.g. Dave from relapse prevention groups	He's been through this himself and is still clean, he can usually talk sense to me.	I don't like asking for help. I will procrastinate and think he is too busy and I am a burden.	Read the text Dave sent reminding me he wants me to call if I need help. Don't think about it, just call	Call on mobile during day 07123 456 789 or at home after 6.00pm 01234 567 890