



Quick-Reference Recovery Card

A free recovery resource from Stepwise Recovery

Free to download, print and share



Recovery Quick Reference Card

Keep this with you. You are not alone.

If You Need Help Right Now

Samaritans (24/7): 116 123 **FRANK (Drug Advice):** 0300 123 6600
NA UK: 0300 999 1212 **Crisis Text Line:** Text SHOUT to 85258

My Support Network

My Sponsor:	
Trusted Friend:	
My Meeting:	

Daily Reminders

We read these when we wake up and before we sleep:

1. Just for today, I don't have to use. One day at a time.
2. I am not alone. There are people who understand.
3. Progress, not perfection. Every small step counts.
4. I am worth the effort recovery takes.

Three Actions for Today

Small, doable steps we can take right now:

1.
2.
3.

When Urges Hit

We breathe, we pause, we reach out:

STOP	Pause. Don't act yet.
BREATHE	Take three slow, deep breaths.
CALL	Ring your sponsor or a trusted friend.
MOVE	Change your environment if you can.
WAIT	Urges pass. Give it 20 minutes.

You've got this. We're with you.

Keep going — you're not alone

This resource is one of a full library of free tools, worksheets and reading at stepwiserecovery.com/resources — take what helps and leave the rest. These tools are designed to sit alongside fellowship programmes, meetings and sponsorship — never to replace them.

The Stepwise Recovery Guides

Substance-specific recovery guides written by people who've recovered — for cocaine, ketamine, families, young people, and children. Free preview chapters, no email required, at stepwiserecovery.com/guides

Our 1-in-10 Pledge

For every ten guides sold, we donate one to someone who can't afford it — through treatment centres and prison recovery programmes.

Need help right now?

Samaritans: 116 123 (free, 24 hours) · FRANK: 0300 123 6600

Narcotics Anonymous UK: 0300 999 1212 · SHOUT: text 85258

Childline (under 19s): 0800 1111 · Nacoda: 0800 358 3456