

Lapse Plan

Reasons for staying sober	Some ways to cope <i>Actions I can take to cope when I notice a warning signal or find myself in a high-risk situation where I might use: (choose at least one)</i>
Emergency contact numbers	Remember the Four “D’s”
<ul style="list-style-type: none"> - 24 hour alcohol and drug information service (ADIS) 1800 177 833 - Lifeline: 13 11 14 - Friend: - Other: 	<ul style="list-style-type: none"> - Distract: distract yourself in the short-term - Deep breathe: direct your focus to your breathing - Drink water: take a moment to stop what you are doing and have a glass of water - Do something else: write your own best example here <p>_____</p> <p>(e.g. take a walk, phone a friend)</p>