

Alcohol: Maintain Recovery



Recovery is possible. Make a plan to stay on track.



KNOW YOUR SUPPORTS

- Reach out to supportive family & friends.
- Connect with local & virtual aftercare/peer support groups.
- Use apps/websites to support your recovery & overall wellness.
- Get connected at Bridgethegapp.ca.



PRACTICE SELF-CARE

- Enjoy healthy activities & hobbies. Try new ones.
- Enjoy healthy foods, be active, & take time to rest.
- Challenge negative thoughts & practice positive self-talk.



PLAN FOR TRIGGERS & CRAVINGS

- Identify warning signs & avoid triggers (people, places, & things).
- Manage uncomfortable emotions through journaling, mindfulness, deep breathing or talking with a friend.
- Take it one moment at a time.
- Focus on healthy alternate activities - physical activity, volunteering, painting, writing, learning a new skill, etc.
- Remember, a slip is not a failure, be kind to yourself & take action to get back on track.



FOCUS ON SUCCESSES

- Celebrate your successes, no matter how small.
- Think about what you have achieved & set new goals.
- Remember, you have faced challenges before & you are strong.

YOU ARE NOT ALONE. WE'RE HERE TO HELP.



Rapid access to mental health & addictions counselling 'one session at a time'. Find a location, visit the Service Directory on Bridgethegapp.ca or call 811.



Your go-to website for mental health information, online programs, & connection to local supports & services.