

My Recovery Support Map

Keep the contacts you choose in one place, with what each person or service can help with. A short, usable list is enough; an empty space identifies a question to ask, not something you have failed to arrange.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

SAMHSA suggests asking specifically for the support you want, such as a conversation, help finding a professional, appointment help or a ride. Ask each person what they can offer and how they prefer to be contacted. [1]

Original example: a contact needs a job

Need	Contact and arrangement	If unavailable
Treatment question	Clinic office; use its stated contact hours and message instructions.	Follow the clinic's instructions for another contact.
Company after a difficult day	Morgan agreed to a phone call after dinner.	Ask another chosen person; do not assume Morgan is always reachable.
Ride to a visit	Lee confirmed Thursday pickup at 2:30.	Call the transport service to check a backup; not yet booked.

My contacts and what they can do

Professional care

Clinician/program; phone or other method; hours; what to ask; instructions when unavailable.

--

Medicines or other ongoing care

Pharmacy/prescriber or other care contact, if relevant; how to ask a question. Do not record passwords.

Someone who will listen

Name/contact; the support they agreed to; when/how to reach them.

Practical help

Transport, food, appointments or another task; contact; confirmed arrangement and backup.

Peer or community connection

Group/activity; official contact; meeting or access details still to confirm.

A gap I want to work on

What is missing; one person or service to ask about it.

Use this map across your other sheets

When another resource asks for a support contact, you can write “see My Recovery Support Map” and the contact’s role. Keep the two sheets together. Update a number or arrangement here when it changes.

Keep the scope clear

This is an original contact organizer, not a crisis plan or a promise that a contact can respond immediately. If your care team has given urgent-contact instructions, keep those accessible alongside it. Store completed copies privately.

Sources and Further Reading

[1] SAMHSA: How to Ask for Help

<https://www.samhsa.gov/find-support/how-to-cope/how-to-ask-for-help>

[2] SAMHSA: Finding Quality Treatment

<https://www.samhsa.gov/find-support/learn-about-treatment/finding-quality-treatment>