



You don't have to do this alone

SUPPORT MAP

Recovery is easier within relationships. Write down who is in your circle and exactly what you can count on each person for.
Come back to this map when things get hard.

Closest people

Family, friends. Who helps, and with what?

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Community and support group

Meetings, sponsor, people from the fellowship.

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Specialists and the centre

Therapist, psychologist, doctor, the Therapeutic Team.

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Helplines and urgent help

Helpline numbers, contact to the centre: +48 537 677 773.

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When things get hard, start with your closest circle and simply call. Asking for help is part of recovery, not a sign of weakness.



WWW.ZEUSREHAB.COM
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