NEW DAY RECOVERY

Session 9 Handout

My Support Map



From Session 9: nobody recovers alone. Fill every circle you can. An empty circle is not a failure — it is next week's assignment. Keep the phone numbers here, where you will actually use them.

Name: _____ **Date:** _____

Who holds me up	Name	Phone / where & when
My safe person — I can tell the truth		
Sponsor / mentor		
Accountability partner (+ call days)		
Coach / counselor		
Support community (your choice)		
Recovery meeting (+ days & place)		
Family / trusted friend		
A place that grounds me		
Program / house contact		

When a chair is empty

Who notices when I am missing — and has my permission to call me the same day?

The circle that is empty right now, and my dated plan to fill it:

In crisis right now? Call or text 988 (Suicide and Crisis Lifeline, 24 hours) • Emergency: 911 • Tell staff now — do not wait alone.