Mini Safety/Sobriety/Wellness Plan

- Strategize: Steps to reduce risk/use/harm
- Develop: Options to keep safe/sober/well
- Identify: Trusted allies/safe sponsors/supports
- Plan: Means to escape abuser/drugs/harm
- Discuss: Referral resources
- Avoid: Danger/persons, places, things/isolation
- Tools: HALT/One day at a time/medication