

My goals are:

My motivations are:

I can call:

Counselling Online is a 24/7 drug and alcohol service.

We provide:

- Online drug and alcohol support
- SMS support
- Peer support forum
- Information
- Self-assessments
- Self-help modules



Access all of these services at:
CounsellingOnline.org.au



a TURNING POINT service

Pocket Guide

Changing your alcohol or drug use is a 24/7 journey



Keep this handy pocket guide in your wallet for easy access whenever you need it



Delay — the first five minutes of an urge are key, if you can delay the urge may pass.

Distract yourself. Check your alternative activities list and do whatever works to get you through the peak.

Decide to do something positive and congratulate yourself for getting through the urge.

Reflect on why you felt that way, what worked and what you can do to reduce the urge when it happens next time.

Ground yourself — take your shoes and socks off, feel the earth on your feet and take five deep breaths.

54321 senses — take a moment to breathe calmly and evenly then work through the 5 senses. Find 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.

Focus on the moment — pick one object in your field of vision. Trace its outline with your eyes as if you were drawing it. Notice the shapes, colours and textures.

Checking in with Yourself

Surfing an Urge

Alternative Activities

- Call a friend or support person
- Watch a movie or TV
- Exercise/walk/run
- Clean your home
- Have a bath or shower
- Make a hot drink or meal
- Go shopping, to the movies, bowling, fishing or mini golf

try to:


