



U.S. Department
of Veterans Affairs

MyRecovery Plan

The road to recovery can be difficult. There are always obstacles and setbacks along the way. But VA is here to help. Recovery planning at VA has helped thousands of Veterans navigate their journey successfully. Now, VA's recovery planning tools are available online.

“Action plans give me guidelines to go by when things are breaking down. They give me a reference to look at to refocus on my recovery.”

—OEF/OIF Army Veteran



MY RECOVERY PLAN IS A FREE, ANONYMOUS

WEB PROGRAM that can be accessed on any laptop, computer, smartphone, or tablet. With its tools and features, Veterans can:

- Create action, crisis, and safety plans.
- Follow instructions and examples to include in plans.
- Print and email plans for easy reference and sharing.
- Learn and use helpful relaxation exercises.

A POWERFUL SELF-CARE TOOL FOR VETERANS IN RECOVERY

- Recognize triggers and warning signs.
- Have a strategy for when things are breaking down.
- Use the program's relaxation exercises.
- Have a list of resources needed if in crisis.

VISIT MY **RECOVERY PLAN** TO GET STARTED

www.veterantraining.va.gov/recovery

MY RECOVERY PLAN TEAM

www.veterantraining.va.gov/recovery/feedback.asp



Recovery planning at VA is based on the Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA) manual, Action Planning for Prevention and Recovery.

LOCAL CONTACT INFORMATION

Name:

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