



PIEDMONT
ADDICTION
CONSULTING LLC

THE 72-HOUR ADDICTION CRISIS ACTION PLAN

*A Practical Guide For
Families Facing Addiction Right Now*



Guidance. Support. Hope.

You are not alone.

Help is available. Recovery is possible.



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WELCOME

You don't have to figure this out alone.

If you are reading this, chances are someone you love is struggling with addiction and you don't know what to do next. This guide is here to help you take clear, practical steps in the next 72 hours.

Inside, you'll find checklists, helpful information, and planning tools to guide you from crisis to action.



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not alone.



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DISCLAIMER

This guide is for educational purposes only and is not intended to replace professional medical advice. If you believe someone is experiencing a medical or psychiatric emergency, call 911 immediately.



1

IS THIS AN EMERGENCY?

Seek immediate medical attention or call 911 if any of the following are present.



MEDICAL EMERGENCIES

- Trouble breathing
- Blue lips or fingertips
- Unresponsiveness or can't be awakened
- Seizures
- Chest pain
- Severe vomiting or unable to keep anything down
- Mixing multiple substances and hard to wake



PSYCHIATRIC EMERGENCIES

- Hallucinations (seeing or hearing things that aren't real)
- Severe confusion or disorientation
- Severe agitation or violent behavior
- Suicidal thoughts or behaviors
- Extreme paranoia



When in doubt, always choose safety.
Call 911. It could save a life.



2

WITHDRAWAL WARNING SIGNS

Some withdrawal symptoms can become dangerous.
Know the signs and seek medical help if needed.



ALCOHOL WITHDRAWAL

- Shaking or tremors
- Sweating
- Hallucinations
- Seizures
- Confusion
- Racing heartbeat



BENZODIAZEPINE WITHDRAWAL

- Severe anxiety
- Tremors
- Insomnia
- Seizures
- Sensory disturbances



OPIOID WITHDRAWAL

Usually uncomfortable rather than life threatening
but may require medical management.

- Muscle aches
- Nausea, vomiting, diarrhea
- Sweating, chills
- Anxiety, irritability
- Restlessness



If you are unsure how severe symptoms may become,
assume caution and seek professional help.



3

WHAT LEVEL OF TREATMENT DO THEY NEED?

Different levels of care provide different levels of support. Use this guide to understand the options.



DETOX

- Daily substance use
- History of withdrawal
- Unable to stop despite trying
- Using alcohol, benzodiazepines, fentanyl, etc.



RESIDENTIAL / INPATIENT

- Unsafe or unstable home environment
- Severe addiction
- Multiple relapses
- Significant psychiatric symptoms



PARTIAL HOSPITALIZATION (PHP)

- Needs intensive support
- Stable housing exists
- Requires structure without overnight stay



INTENSIVE OUTPATIENT (IOP)

- Moderate severity
- Able to maintain work/school
- Strong support system



OUTPATIENT

- Mild symptoms
- Stable environment
- Ongoing recovery support needed

The "best" treatment is the level someone actually needs—not the most expensive one.



4

YOUR FIRST 72 HOURS

Small steps today can create a better tomorrow.



HOURS 0–24

- Ensure immediate safety
- Remove obvious risks (weapons, substances, etc.)
- Gather current medications and supplements
- Gather insurance information
- Identify supportive family or friends
- Begin researching treatment options
- Write down questions you have



HOURS 24–48

- Have supportive, non-confrontational conversations
- Contact treatment providers
- Verify insurance coverage and benefits
- Build transportation plans
- Identify potential barriers and solutions
- Keep a journal of symptoms and behaviors



HOURS 48–72

- Finalize treatment plan
- Arrange logistics (work, school, childcare, etc.)
- Prepare for admission if appropriate
- Pack necessary items for treatment
- Build a strong support and accountability plan
- Celebrate progress—every step matters!

Action reduces fear. Small steps count.









5

WHAT FAMILIES SHOULD NOT DO

WHAT TO AVOID

-  Do not argue with someone who is intoxicated.
-  Do not repeatedly threaten consequences you cannot enforce.
-  Do not provide unlimited financial support without boundaries.
-  Do not assume "rock bottom" is required.
-  Do not make decisions purely based on internet reviews.
-  Do not wait for motivation. People often enter recovery before they feel ready.

INSTEAD

-  Stay calm and keep everyone safe.
-  Set clear, loving boundaries.
-  Offer support, not enabling.
-  Intervene early. Early help saves lives.
-  Work with professionals you trust.
-  Take action now. You can't control their choices, but you can control yours.



6

CRISIS PLANNING WORKSHEET

Use this space to organize important information.

PERSON'S NAME: _____

PRIMARY SUBSTANCE(S): _____

CURRENT MEDICATIONS: _____

INSURANCE COMPANY: _____

POLICY / MEMBER ID #: _____

EMERGENCY CONTACT: _____

RELATIONSHIP / PHONE #: _____

TRANSPORTATION PLAN

PROGRAMS I HAVE CONTACTED

QUESTIONS I NEED ANSWERED



7

YOU DON'T HAVE TO FIGURE THIS OUT ALONE



Addiction treatment can feel overwhelming. Knowing which level of care is appropriate, which programs are legitimate, how to navigate insurance, how to speak with loved ones, and what to do next can make an enormous difference.



Professional guidance can provide clarity, direction, and hope.

*Take the next step.
We're here to help.*



SCAN TO
BOOK NOW



BOOK A CONSULTATION

Personalized help to navigate treatment options and next steps.



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HELP EXISTS. RECOVERY IS POSSIBLE.