

In Case of Emergency

Adapted from Unity Newsletter and OAiA (OA in Action) 2014

Emergency Action Plan Card to keep handy and carry when you go out, keep in your car, at work.... See also [The Simplicity Project \(oa.org\)](http://TheSimplicityProject.org).

5 things you need on your card

1. "Circle of support" phone numbers *see below*
2. Pray! Write your favorite prayer on your card
3. A reminder to be present. *It is just one meal.*
4. Write your food plan on the card.
5. A reminder to call ahead before an event to find out what is being served or on the menu if at a restaurant. Then, bring your own food & beverages to have as a substitute for whatever you may need. *Remember: it is our responsibility to be sure we have what we need.*

Circle of Support

- Circle of Support = your sponsor and 2 – 3 other fellows.
- Call if you are struggling. Have phone numbers of fellows to call. programmed on your phone or keep in your pocket or purse! Know who will be around at the time you may need them.
- Make at least 1 hookup call prior an event.
- Bookend: call someone and commit an action or relay your fears before event. Then call and report your actions.
- Find a quiet place where you can make a call or text, pull out your *For Today* or *Voices of Recovery* books and read! Breathe!! Pray!!!
- Ramp it up with your sponsor - call in more often before, during, and after an event or difficult situation.

And when all else fails, service, service, service

Emergency Car Kit

Keep the following in your car in case of emergency. Put this in type of zippered case or plastic bag to keep things dry and contained:

- Non-perishable, abstinent foods
- A set of 'tools' (knife, fork, spoon, napkin, hand wipes, scale, can opener, bottle opener, measuring cups and spoons)
- OA daily reader or something similar
- Emergency Action Plan card (Above)