

FLOW HIJACKED

FREE PUBLIC RESOURCE · NO ADS

You do not have to solve the whole future now.

Start with the next reachable hour.



SCAN · OPEN THE RESOURCE

flowhijacked.com/answers/what-to-do-after-relapse

Humane, evidence-informed information about addiction, recovery and mental health.
English and Hebrew · no sign-up · not a substitute for care or emergency help.