



RECOVERY | FIELD GUIDE

When paperwork becomes overwhelming

Sort safety, deadlines, and the rest into separate piles.

A note from Victoria

Forms can look like proof that you should already have everything together. They are only forms. You have been doing complicated work while carrying stress.

What to do

Make three groups: urgent deadline, important but not today, and keep for records. Photograph or copy key documents only on a safe device. Ask a qualified advocate, legal aid office, or benefits worker which deadline truly comes first; do not guess at legal requirements.

Words you can use

"I have these three documents and one deadline. Can you help me identify the next step and what information I should not share?"

One useful step I can take today:

I could start with: Circle one deadline and one person who can explain it.

The strength I see in you

Getting organized in small pieces is still progress.

Peer support and education, not therapy, legal advice, or an individualized safety plan. If you are in immediate danger, contact local emergency services or a domestic-violence advocate.



RECOVERY | WORKSHEET

When paperwork becomes overwhelming

Use this page in your own words. You can leave any part blank.

The document with the nearest deadline

The question I need answered about it

Where I can keep a safe copy or record

My next manageable step

A person, service, or place I can turn to (if useful)

Peer support and education, not therapy, legal advice, or an individualized safety plan. If you are in immediate danger, contact local emergency services or a domestic-violence advocate.