



RECOVERY | FIELD GUIDE

When an official letter arrives after you leave

Separate the real deadline from the fear the envelope brings.

A note from Victoria

I know how an ordinary envelope can make your whole body brace. Open it when you have a little support nearby if that helps. You do not need to understand every line in the first reading.

What to do

Write down who sent it, the date received, any response deadline, and the exact action requested. Keep the letter and envelope together in a safe place. Ask a qualified legal-aid worker, attorney, or advocate what it means before sending documents or missing a deadline. Do not assume a letter is harmless or that every demand is valid. If your address must stay private, ask about approved confidential-contact options.

Words you can use

"I received this notice on [date]. What is the actual deadline, what response is required, and how can I protect my contact information?"

One useful step I can take today:

I could start with: Photograph or store the notice safely, then identify one qualified person to help you read it.

The strength I see in you

You can take a frightening document one line and one decision at a time.

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

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

Who sent the letter and when it arrived

The deadline or request in the letter

A qualified person who can explain it

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.