

High-Risk Situations

Practical strategies for planning ahead and reducing risk.

High-risk situations are times when people are more likely to return to old habits or make impulsive decisions. Planning ahead can make difficult moments easier to manage.

What increases risk

- stress
- conflict
- isolation
- alcohol or drug use
- certain people or places
- feeling overwhelmed

What can help

Plan ahead

- think about difficult situations early
- avoid unnecessary triggers
- organise support beforehand

Create space

- leave situations if needed
- slow things down
- delay decisions when emotions are high

Stay connected

- contact someone supportive
- spend time around safer people
- avoid isolating yourself

Try this today

Think of one situation that could become difficult this week. Choose one practical step that could make it easier to manage. Small preparation can help reduce pressure later.

This resource provides practical wellbeing and self-help information. It is not an emergency or crisis service. If difficulties continue or increase, additional support may help.

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