

HALTS

This is a relapse prevention tool which can be used to identify the factors that can compromise our wellbeing and mental health. The HALTS can be used as a checklist when you have urges to use substances, feeling anxious or vulnerable, to identify what is contributing to these feelings. It is a reminder to use strategies to manage these times.

Hungry

- When did you last eat a healthy nutritious meal?
- Have you been missing regular meals, replacing them with refined, high sugar foods?

Angry

- Are you taking the time to acknowledge and process intense emotional reactions?
- Do you need to talk to someone, debrief or get another perspective?

Lonely

- Have you been isolating, dropping back from activities?
- Needing to expand/build your social support network?
- Are you involved in activities that give you joy and fulfilment?

Tired

- What is the quality of your sleep?
- Are you sticking to a regular sleep routine?
- Have you been experiencing nightmares/vivid dreams?

Sick / Stressed / Sensory

- Have you been unwell?
- Are you worried or stressed?
- Have you been experiencing sensory sensitivities?
e.g. loud noises, bright lighting, textures of clothing or foods, crowds



This tool has been developed by the Network of Alcohol and other Drugs Agencies. To download more copies, visit www.nada.org.au