What Happens Next?

Possible pathways after difficult emotional or social situations

HERizon

01

Support and connection

Support services help the person feel safer, less isolated, and more confident.
Continue using trusted support networks and wellbeing resources.

02

Unsafe or harnful environments

The situation includes discrimination, unsafe environments, or harmful behavior.
Learning about support organizations and safe reporting pathways can help protect wellbeing.

03

Stress, fear or isolation

The person experiences emotional exhaustion,loneliness, fear or self-doubt.
Emotional support and healthy coping strategies may help improve wellbeing.

04

Support and Recovery

The person develops a personal support and safety plan and becomes more confident asking for help.
Continue building supportive relationships and healthy wellbeing habits.