

QC2 Engage, Assess, Respond to, and Support Suicidal People (EARS)

1 Gary	
<p>Presenting Suicide event (48hrs prior to the interview)</p> <ul style="list-style-type: none"> • Explore events that led to presentation? • What was the method considered? • What is the degree of the intent reflected? 	
Clinician	Gary, it sounds like things have been really stressful since you injured yourself. Sometimes when people go through a lot of stress, and pain, and worry they can have thoughts about suicide. I'm just wondering whether you've had any thoughts about killing yourself over the past two days.
Gary	[SIGHS] It's all I've been thinking about since we had our fight. Yeah. But then doesn't everybody think that?
Clinician	I guess it can be common when you're experiencing a lot of stress. What plans do you have to kill yourself?
Gary	I've got some pills and some whiskeys, and, you know, that will be that. But I don't know. I don't know if I'll do it.
Laura	He went and got an extra Endone script the other day. I found them stashed, bedside table. Normally I'm pretty good at keeping an eye on the medication, so this really scared me.
Clinician	That would have been really scary, Laura. How often has that happened over the past few months?
Laura	So only once. That was last time after you went into hospital after taking that Panadol.
<p>Recent Suicide event (up to two months)</p> <ul style="list-style-type: none"> • Frequency and duration of ideation? • What other methods of suicide considered? 	
Clinician	So, what happened when you picked up the pills that time Gary?
Gary	I was pretty wasted. Stuff was going on at home, I was pretty stressed. My back is always giving me grief. It's been like this the last year. So yeah, just done. It's like everything's done. So I just went down to the chemist.
Clinician	And what happened after you got back from the chemist?

Gary	[SIGHS] I just took a whole bunch of the pills with some whiskeys, and that was it. I just took them all.
Clinician	How many pills did you take?
Gary	I don't know, whole sheet. And that was going to be it. But Laura started freaking out and was worried. And that's when you called the ambulance. She was just worried about.. [SIGHS] worried really about Jaycee.
<p>Past events (more than two months ago)</p> <ul style="list-style-type: none"> • What is the most serious past suicide event? • What were the psychosocial circumstances surrounding the attempt? 	
Clinician	So Gary, you tell me you've been having some really intense thoughts about suicide for a long time now. Are there any other times where you've tried killing yourself?
Gary	Yeah, there's been one other time. [SIGHS] Laura and I separated for a bit, and that's when I tried to have another overdose. And yeah, had to go to emergency for that. So yeah, that was the first time.
Clinician	OK. It sounds like you've been really struggling with your mood since then and having ongoing thoughts of suicide. Have there been any other ways you've thought about killing yourself?
Gary	No, not really. [SIGHS] I mean, I'd thought of doing something like that mainly just with the overdose. Because it's the easiest.
Clinician	Any other ways Gary? ... Using a gun?
Gary	No ...
Clinician	Hanging?
Gary	Uh yeah ... but I couldn't go through with it.
Clinician	Have you been having any thoughts about hanging recently?
Gary	No ... no ... uh I just ... I couldn't bear Jaycee finding me like that.

<p>Immediate Suicide event (risk factors during interview)</p> <ul style="list-style-type: none"> • Current thoughts/intention/plans? • Risks after the assessment? 	
Clinician	So Gary, you've been having some pretty frequent thoughts about suicide. And there's been a few times recently where you've come close to suicide. I'm just wondering if you've got any suicidal thoughts now.
Gary	No, look, not right at the minute. But they're always there. They're pretty constant. Yeah.
Clinician	And when you get home and the thoughts are going to be there today, how intense do you think they'll be on a scale of zero where zero's not intense at all, and 10 is overwhelmingly intense.
Gary	Probably a six. But I mean, today's a bit of a better day.
Clinician	I'm just wondering how many pills you've got at home at the moment.
Gary	I've just got a packet of Endone. The rest have been flushed down the toilet.
Laura	Yeah, I did. I didn't want to create another opportunity for him to do something silly.
Clinician	OK. So is that all the medication at home then?
Gary	Yeah.
Clinician	Do you have any other scripts?
Gary	No.
Clinician	So it sounds like there's been a lot going on at the moment, Gary, and I guess we've just started to work together on a way forward. Sometimes when people have been having really intense suicidal thoughts we talk about an admission to hospital.
Gary	No. No way. I've been there a couple of times. I don't want to go down that path again. I just want to stay at home, just have Laura there.
Clinician	Laura, what do you think?
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