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QC28 Youth: Engage, Assess, Respond to, and Support Suicidal People

1: Maya - Video Vimeo link: <https://vimeo.com/230880790/73a1c0b2b1>

Presenting suicide event (48hrs prior to the interview) Explore events that led to presentation? What was the method considered? What is the degree of intent reflected?	
Speaker 1	<p>So, Maya, you're saying that you've been feeling really low lately, and you've been cutting yourself to cope, and you're also saying that you want everything to stop.</p> <p>I've worked with people who've said that and felt that way, and they also feel like they want to kill themselves.</p> <p>In the last two days have you felt like you wanted to kill yourself?</p>
Maya	Yeah, I have. All I've been thinking about is dying.
Speaker 1	<p>Sounds like you've been having a very difficult couple of days.</p> <p>What plans have you got about how you might kill yourself?</p>
Maya	<p>Uh, I bought a whole pack of Panadol the other day, I've been keeping it in my bag so that when I'm ready I'll just take them all at once.</p>
Speaker 1	<p>I'm concerned to hear that Maya,</p> <p>I'd like to understand how you got to that point.</p> <p>Do you think you could walk me through what happened over the last two days that led you to buy that pack of Panadol?</p>

Maya	Well, I woke up and checked my phone, and there were more posts about my boyfriend you know people saying stuff about how old he is and calling me all these names.
Speaker 1	Who was with you then?
Maya	No-one, my boyfriend had left during the night because we had a really big fight.
Speaker 1	What did you do next?
Maya	I had a smoke outside, and saw a message from my Mum; she was pissed off as usual. So, I just went and bought the tablets.
Speaker 1	How many tablets have you got?
Maya	I just bought the biggest packet I don't know if it'll be enough, and like, I haven't taken any I just... it was the next day then I put up that post so I could show people how much they were hurting me, I didn't want to do anything right then.

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Recent events (up to two months)**Frequency and Duration of ideation?****What other methods of suicide considered?**

Speaker 1	<p>Maya that sounds really hard.</p> <p>How often would you say you have thoughts about suicide in the last couple of months?</p> <p>Every day?</p>
Maya	<p>I wake up every day and think that everyone would be better off if I was just dead.</p> <p>But actually wanting to kill myself doesn't happen every day,</p> <p>I feel suicidal a couple of times a week but that's when I either cut myself or smoke some weed.</p>
Speaker 1	<p>Okay.</p> <p>Sounds like cutting yourself during those times has been helpful.</p> <p>When was the last time you cut yourself?</p>
Maya	<p>Um... a few days ago?</p>
Speaker 1	<p>And how much weed would you say you smoke.</p> <p>Until you pass out?</p>
Maya	<p>Uhhh no not that much, just a joint or two?</p>
Speaker 1	<p>Okay.</p> <p>And how much alcohol would you be drinking?</p>
Maya	<p>Um... I have been drinking a bit recently, but, I do prefer just doing weed.</p>
Speaker 1	<p>Okay.</p>

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Past events (more than two months ago)**What is the most serious past suicide event?****What were the psychosocial circumstances surrounding the attempt?**

Speaker 1	<p>Okay, so it sounds like over the past few months, the thoughts have been getting more frequent and they've also been getting worse.</p> <p>And you've been coping by drinking, using weed and cutting yourself.</p> <p>Has there ever been a time in the past where the thoughts have gotten so bad you tried to kill yourself?</p>
Maya	<p>Um... yeah, was a couple of terms ago and things got really bad with the girls at School, and I got home and just took Mum's Panadol out of a bag,</p> <p>I don't know I reckon I took maybe half a packet?</p> <p>I didn't tell anyone, I got freaked out by what I just did and made myself throw up.</p>
Speaker 1	<p>Sounds like something changed your mind.</p> <p>What happened after you took the Panadol?</p>
Maya	<p>Uh, I just went to my room, and my Mum came home, she came in to say 'Hi', she gave me a hug.</p> <p>I don't know I guess I just realised that she'd be really sad if I died and sort of freaked out and changed my mind a bit.</p>
Speaker 1	<p>What happened next?</p>
Maya	<p>Uh... I went and threw up the tablets.</p>
Speaker 1	<p>And what happened after that?</p>
Maya	<p>Uh, I went in watched a movie with my Mum and felt better.</p>
Speaker 1	<p>Sounds like there was a part of you that wanted to stay alive for your Mum, and also sounds like spending some time with her was quite helpful.</p>

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Immediate suicide events (risk factors during interview)**Current thoughts/ intention/ plans?****Risks after the assessment?**

Maya	Yeah, was.
Speaker 1	Having made that Facebook post must have left you feeling quite vulnerable and it's understandable that you might be feeling embarrassed. And I know that sometimes we might have drastic thoughts such as wanting to kill ourselves. At the moment, are you having any thoughts of suicide or self-harm?
Maya	Uh... yeah I guess, like they're still there, but it has been good to talk about it.
Speaker 1	Right now, how strong would you say your urge to follow through with these suicidal thoughts are? On a scale of 1 to 10, 10 being the strongest they've ever been?
Maya	Y'know, probably about a 5 right now. I'm just sick and tired of it all but I don't think I can actually be bothered doing anything about it.
Speaker 1	Okay.
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