

Some tips for balancing risk and recovery

- Involve the person in their risk assessment and management. Talk with them about their own safety and the safety of others, and how we can support this.
- For the person undertaking risky behaviour, gain an understanding of which needs are being met by their behaviour.
- Be mindful about cultural differences in notions of risk and safety, and what is valued by the person. For more information go to: Cultural Considerations in Mental Health Assessment | Queensland Transcultural Mental Health Centre.
- Recognise that everyone takes risks to live full lives, and that there is 'dignity of risk'. Help the person to understand when the risk is too much, and what can be done about it, rather than being coercive or restrictive.
- Use least restrictive approaches in risk management planning.
- Notice if you, or the team, are objectifying risk. Stay mindful that the person is not the problem. (e.g. the person is not 'a risk', but they have behaviours or place themselves in situations that put them or others at increased risk).
- Avoid using stigmatising language when discussing risk, or language that devalues a person's choices. For more information go to Terminology, language and communication - Shatter the Stigma | Mental Health Alcohol and Other Drugs Branch.
- Be open and transparent about risk assessment and management, and how your services apply the process.

