

QC9 Critical Components of Risk Assessment and Management

eLearning video 4: Suni	
Suni:	Hello?
Jan:	Hi, Suni, it's Jan here. How did you go with your appointments in the past week?
Suni:	Hi, Jan. Yeah, it was pretty good. The psychologist gave me some ideas about some things to do when things get tough.
Jan:	That's great. And how about the drug and alcohol counselling? How did that go?
Suni:	Yeah, the guy there is pretty good. I thought he was going to give me a hard time, but he didn't. I like smoking and drinking with my mates. He gave me some things to think about but.
Jan:	It sounds like he's not bad to talk to. Do you think it's helpful?
Suni:	You know, I do actually. You get stuck in a rut sometimes. I don't know that I'll do everything that they're saying, but it's useful to have some different ideas.
Jan:	And your mates, how are they helping out?
Suni:	Look, John, he's been a legend. He came with me to the drug and alcohol place. I was pretty scared. He reckoned he learned some stuff too. He's been checking in on me, sending me texts at work. He's great. Oh, I've got the car rego sorted out now too. Feeling heaps better about that.
Jan:	Excellent. So, do you feel like the plan is working out at the moment? Do you want to change anything?
Suni:	No. No, it's good. Let's keep going with it, and then see what happens. I can call you if anything comes up.
Jan:	Cool. So, things are a lot less stressful, which is great. What about those thoughts you having of feeling messed up and hopeless? How are you going with those?...
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