

QC54 Foundation of Risk Assessment and Management

Suni's check-in	
[Phone rings]	
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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