

Module 4 - Screen 11

Video title: Safety Planning with Maya

Content: Clinician introducing safety plan to Maya and her family, and starting to identify warning signs. Focus on how to make safety planning meaningful for consumers

Scene: Session is coming to a close. Donna has been invited back into the interview room. Clinician introduces safety plan to Maya.

Clinician: Maya, I can see that you are going through some difficult and complicated things, which will probably take some time for us to work together on. What I am thinking is the best way forward is for you to attend regular sessions with me at this clinic.

Maya: Yeah, I don't wanna go to hospital...

Clinician: I agree, ... and since we've gotten to know each other I think it will be good for us to schedule in maybe weekly appointments at the clinic? But something I'd like to do before you guys head home today is something called a safety plan.

Maya: What is that?

Clinician: Well, during our assessment today you've mentioned that your suicidal thoughts and thoughts of self-harm can get quite strong when you are under a lot of stress, and a safety plan is basically a plan that you can use to guide yourself when you are feeling overwhelmed and find the thoughts to difficult to manage.

Maya: Ok. That makes sense. I do wanna to get rid of these suicidal thoughts. You make it sound so easy.

Clinician: Well, let's slowly work through it together, ... and Maya, you've been using some strategies that have been working for you and some strategies that've probably notices haven't. So let's start with the strategies that have been working for you.

Maya: Ok. I'm still not sure how I can do this by myself. I'm worried when I get really stressed I'll hurt myself. I can just see myself losing control.

Clinician: Maya, that's a very good point, and that's why it's very very important to include people in our safety plan, that you trust and that you feel comfortable reaching out to ... so for example family, friends and even some professionals. And including them in your safety plan just allows you to know that when you are feeling overwhelmed they can step in and support you. I think Donna would be someone that would be very helpful to have in the safety plan and you can step in and keep the environment safe, or also when you feel like Maya needs some more support.

Donna: I'd be very happy to help Maya with this. ***looks at Maya*** If you want me to?

Maya: Yeah, I think mum is someone I can trust to help me.

Clinician: Perfect, so let's work on a plan that you both are happy with and that you think will keep Maya safe at home.

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