

*Module 3 - Screen 11*

*Video title: Safety Planning with GARY*

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

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Scene: Session is coming to a close. Clinician introduces safety plan to Gary.

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**Clinician:** Ok Gary, from what we've discussed today, you've been having a really tough time for a really long time now. You've been feeling pretty hopeless and pretty trapped. Going through and discussing those times, you keep mentioning Jacey and Laura though. I'm wondering if there is a part of you that wants to keep living for them.

**Gary:** Yeah.

**Clinician:** Is that right?

**Gary:** I don't have any suicidal thoughts right now ... but I don't wanna cause any more hurt and difficulties for you and for Jacey **\*looks at Laura\*** ... So yeah I just ... I donno these thoughts, they are gonna come back ... and I donno what I'm gonna do when they do.

**Clinician:** That's a fair worry Gary. Something that can be helpful is figuring out what's driving those suicidal thoughts. Based on our discussion today it seems like there's been a few things going on for you. So, it sounds like that ... you know ... since you lost your job ... there's been a lot of stress with that. Sound slike you've been in a lot of pain since you hurt yourself as well. 'Cause of those things it sounds like you've been fighting more at home ... Jacey and Laura ... sounds like you've been drinking a lot as well. Is that right?

**Gary:** Yeah, it's about right. I want to get better at that stuff, but I don't know how ... **\*looks at Laura\*** I don't know how.

**Clinician:** What I'd like to do is come up with a plan on how we can work together on those things. Some of those things might take a little while though, so in the meantime we need to figure out a way to keep you safe. One way of doing that is that we come up with a safety plan. Basically, what that is, is we figure out what things trigger off suicidal thoughts and things you can do to manage them when they do come up. How does that sound for you?

**Gary:** I'll give it a go. I wanna give this a shot for you **\*looks at Laura\***... and for Jacey. 'Cause, I don't think I can do it by myself.

**Clinician:** So it's really important to involve family, friends, and even other agencies, your doctor ... You don't have to do this by yourself. It's really important to be able to reach out to the people that you trust.

So Gary, this is *your plan*. This is about figuring out what's gonna work for you and Laura, to keep you safe.

***Fade out***

