

## VIDEO TRANSCRIPT:

### MODULE 4: TAKING ACTION

**Merinda:** The last stage would be follow up. Making sure that a person is sustaining self care strategies, engaging in treatment that they benefit from. I think it's important to let people know that it's a lifelong journey – there's going to be hiccups along the way. There are going to be certain things in your life that set you back. It's really important to look forward and to learn from those life events and those hurdles.

**Merinda:** Checking in during the treatment process, asking the person whether they're happy with the person that they're accessing support from. If they're seeing a psychologist, just ask them how it's going. If there's not a very strong therapeutic relationship between themselves and the psychologist it might be worth saying, you know, sometimes it's hard to find a person that you click with and sometimes you might need to try different people.

**David:** It's about creating a good relationship. Just being able to spend a couple of minutes sitting down over a cup of tea or coffee and understanding; it's about understanding the person. If you're not prepared to listen to what the person's saying and understand what they're about then you're not doing a good job as far as I'm concerned.

**David:** I struggle everyday because of my issues but the one thing I've learnt is how to cope a lot better. The good workers I found gave me the opportunity; they didn't give me up for being dead. They said, you can do this, you can do that. I got the part time job working as a school crossing person for the kids which I love; I've been doing that for nearly 8 years. And, I've also become involved with the Council to Homeless Persons Peer Support Program.

**Ben:** I'm sort of halfway through my studies in the hope to become a really good social worker. Through my own experiences I really know what I want to be as a case worker and what I want to provide. I've got a five year plan actually. I'm striving to open up my own youth hostel, hopefully for the gay community. Not specifically just for the gay community, I'd accept anyone that needs a bed.

**Tom:** After lots of thinking about how was the best way to save the world I thought that maybe if I could do something positive to pass on to kids, which all sounds a bit self important and self righteous but... so they're sort of pseudo-seuss-y and kind of rhyming stories. They range from one which is about a gumboot who's looking for his lost love through to some that are a bit more political.

**Allan:** It's just beautiful. Now I've got other honeyeaters coming in. I think I've got about 6 species of birds coming there everyday. It's like having a stereo of birds every morning.

**Peter:** It became like mateship if you like – he used to ring me up, we had this joke going, 'where are you', 'I'm down at Flinders St', 'well get your bum down here, we've got another form to fill out'. Behind the scenes, all the time, he was actually working for me, rowing my boat and I didn't even know it. Where I live today, the form we filled out for that. 12 months later I'm actually living in a social housing complex. You know what that's given me back, and I often say this to people – to be able to stand at that front door, get the key out, turn it and open that door, guess what? I'm the only one walking in there.