Available Resources

This resource is designed to help you keep track of your client's available resources.

Ideally, available resources:

1 reduce the person's level of risk

2 are easily accessible during an imminent crisis

3 are effective for the level of distress the person is likely to experience

4 are valued by / meaningful to the person.

You can record your client's available resources in the table below, as well as the qualities of an 'ideal' available resource each one embodies. By identifying gaps in available resources, you and your client can work together to strengthen pre-existing available resources, or to add new ones.

Example

Description of resource	Reduces risk	Easily accessed	Level of distress targeted	Valued / meaningful
Listen to "chill-out playlist"	☑ Helps me feel a little better	☑ Need phone data for this	☑ Mild ☐ Moderate ☐ Severe	☑

Name of resource	Reduces risk	Easily accessed	Level of distress targeted	Valued / meaningful
	☐	☐	☐ Mild ☐ Moderate ☐ Severe	☐
	☐	☐	☐ Mild ☐ Moderate ☐ Severe	☐

At times, available resources might be associated with other harms. For example, substance use may be associated with a short-term reduction in distress, and longer-term financial and health problems. If a client is not ready to stop using these kinds of resources, it is useful to brainstorm:

• ways to minimise the associated harms

• additional resources that achieve similar outcomes with fewer associated harms.

Name of resource	Reduces risk	Easily accessed	Level of distress targeted	Valued / meaningful
	☐	☐	☐ Mild ☐ Moderate ☐ Severe	☐
	☐	☐	☐ Mild ☐ Moderate ☐ Severe	☐
	☐	☐	☐ Mild ☐ Moderate ☐ Severe	☐
	☐	☐	☐ Mild ☐ Moderate ☐ Severe	☐
	☐	☐	☐ Mild ☐ Moderate ☐ Severe	☐
	☐	☐	☐ Mild ☐ Moderate ☐ Severe	☐
	☐	☐	☐ Mild ☐ Moderate ☐ Severe	☐