

Responding with the 3 Rs: Worksheet

SPECIFIC SCENARIO & PERSON IN MIND: _____

Recognise signs of concern or change	
Q1: What have you observed or been made aware of that signals concern for this person?	Q2: What do you think might be going on for them? (an impression based on what you've observed or know)
Respond in a supportive and constructive way	
Q3: What supportive actions will you likely put in place to respond to their concern or potential need?	Q4: What will be your approach to the conversation? (What will you say to start the conversation)
Refer to support mechanisms (internal and external)	
Q5: What types of support mechanisms will you likely refer them to?	Q6: What sorts of advice and assistance do you require to help you respond and follow up?