



## Starting the CALM Conversation

- This exercise is designed to give you a chance to role play how to begin talking about Access to Lethal Means when you are concerned that your client may be or may become suicidal. In practice, this would most likely be part of creating a Safety Plan but might need to be a stand-alone topic if time is short or the client is not willing to develop a full plan at this time.
- Pair up – preferably with someone you don't know/work with

### **Part 1 – Client has said that they are having suicidal thoughts or behaviors**

- Person on the right is the clinician, person on the left is the client
- Clinician restates, in their own words, why they are concerned about suicide. S/he then introduces the topic of Lethal Means Access. Continue the conversation until asked to stop.

### **Part 2 – Client has denied having suicidal thoughts or behaviors but clinician is nonetheless concerned due to behavioral health status and/or life situation**

- Switch roles.
- Clinician states why they are concerned about suicide and introduces the topic of Lethal Means Access. Continue the conversation until asked to stop.
- **You can use the Flow Chart on the screen for ideas but use your own words.**