Distress Protocol – Pathways App

Distress	• A participant indicates they are experiencing a high level of emotional stress, or • A participant exhibits behaviours which suggest the interaction is causing distress, such as becoming upset, tearful, withdrawn, or silent
Stage 1 Response	• **STOP the research interaction immediately** • Offer immediate support and acknowledge the participant's feelings calmly and without judgement • Assess the participant's wellbeing by asking, where appropriate: – How are you feeling right now? – Do you feel able to continue? – Do you feel safe? – Is there someone I can contact for you? • Remind the participant that stopping will have no effect on their access to services or their relationship with Far West Community Partnerships or the research team
Review	• If the participant feels able to carry on, resume the research interaction • If the participant is unable to carry on, proceed to Stage 2 • Notify the Chief Investigator as soon as practicable
Stage 2 Response	• Discontinue the research interaction • Ask the participant whether they would like you to contact any family members or a support person on their behalf • With the participant's consent, contact the local Aboriginal Medical Service or another appropriate support service (see below) • Notify the Chief Investigator as soon as practicable
Follow Up	• With the participant's consent, conduct a courtesy check-in to see how they are doing • Provide the participant with your contact details and encourage them to reach out if they experience further distress • Notify the Chief Investigator and document the event

Possible Support Services

Organisation	Details	Contact
Yadu Health Aboriginal Corporation Ceduna Koonibba Aboriginal Health Service	Able to refer participant for ongoing support and counselling	(08) 8626 2500
Tullawon Health Service Yalata	Able to refer participant for ongoing support and counselling	(08) 8625 6237
Oak Valley / Maralinga Clinic	Able to refer participant for ongoing support and counselling	(08) 8670 4207
13YARN	Yarn to an Aboriginal crisis supporter (24/7)	13 92 76
Beyond Blue Support Service	Free telephone and online counselling www.beyondblue.org.au	1300 22 4636 (24 hours)
Chief Investigator Assoc Prof Jacqueline Stephens	Notify immediately in the event of any adverse event jacqueline.stephens@flinders.edu.au	(08) 8201 3972

*For a comprehensive list of additional support services available to participants, refer to the **Support Services Flyer**.*

Note: Researchers are required to notify possible support services and ensure support as per their mandate throughout the course of the research project. All adverse events must be reported to the Chief Investigator as soon as practicable. The AHREC will be informed of any adverse events in accordance with its reporting requirements.