

YOUR ROADMAP FOR

AFTER AN ATTEMPT

FIRST 24 - 48 HOURS

The entire family will be in shock and may feel many emotions, such as anger, shame, and guilt. It's a good idea to get referrals for counseling for you and the rest of family including your loved one too. Also check with your insurance to see if they'll cover cleaning costs if needed.

COMING HOME

If possible, be part of the discharge process so you'll know what medication is needed and when (if any), upcoming doctor appointments, and if a discharge plan has been created.

FOLLOW UP

Ideally, an appointment with a mental health professional was scheduled when your loved one was discharged. If not, it's important to find a therapist and make an appointment as soon as possible since it may take days to weeks to get an appointment.

FIRST YEAR

While the attempt survivor will remain at elevated risk for another attempt for a year, each month that passes where they (and the family) are in recovery, the risk decreases.

A suicide attempt is traumatic and life-changing. Here's a brief guide for what to expect afterwards.

EMERGENCY ROOM

The attempt survivor will be undergo a mental health consultation. Depending on the severity of their attempt, they may have to stay at the hospital or put on a 72-hour observation hold, or even discharged to your care. In-patient treatment may also be recommended.

FIRST WEEK

You may be able to visit or call your loved one to check on them. If not, ask your loved one to sign a release of information form so you can find out how (s)he is doing.

SAFETY

Keeping your loved one safe will be a priority. Remove all guns and/or ammunition and restrict access to lethal means as much as possible, including medication. Consider working together to create a *Safety Plan*.

30 - 90 DAYS

During this time it's important to establish effective communication within the family and with your loved one. You'll want to know when they're OK and when to intervene. You and the attempt survivor need to find out their "triggers" and how to help them. Plus you'll want to make sure the rest of the family is coping well too.

You and your family can go on to live a healthy, happy life!

AFTER AN ATTEMPT RESOURCES

- NATIONAL SUICIDE PREVENTION LIFELINE

NATIONAL
SUICIDE
PREVENTION
LIFELINETM
1-800-273-TALK (8255)
suicidepreventionlifeline.org

- CRISIS TEXT LINE

CRISIS TEXT LINE |



**Text HOME to
741741**

- LIFELINEFORATTEMPT SURVIVORS.ORG

WITH HELP COMES HOPE

support for persons living with suicidal thoughts and suicide attempts

[For Survivors](#) ▾ [For Friends & Family](#) ▾ [For Clinicians](#) ▾ [Therapist & Support Group Finder](#) [Videos](#) [Timeline](#)

For Friends & Family

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