
IMMEDIATELY AFTER AN ATTEMPT

You may have just returned home from the hospital...or you may simply be trying to make sense of what has made you suicidal.

You may be asking yourself: "What now?"

In asking yourself this question, you have begun your journey toward recovery.

Others may have questions for you that you may find difficult to answer.

Suicide is complex and answers may not come easy.

Please know that while you have a journey ahead, it is one that many have been on and survived.

YOUR LIFE MATTERS.



KNOW THAT YOU ARE NOT ALONE

The American Foundation for Suicide Prevention invites those with lived experience of suicide to join us in our efforts to prevent suicide. Please visit our website for information and resources that can help attempt survivors cope, connect, and heal.



AFTER A SUICIDE ATTEMPT



AMERICAN FOUNDATION FOR
Suicide Prevention

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HOW DID I GET HERE?



It may take time to understand all of the thoughts and feelings that led you to consider suicide. Healing can start today.

Many people who feel suicidal are experiencing a mental health concern, which is treatable. You may have also been experiencing stressful life events, found it difficult to express your feelings, and felt yourself isolating from others.

While you may still have challenges, many people who survive a suicide attempt begin to see those challenges in a new light, and realize that there are people available to support them.

Know that you don't need to have all of the answers to heal from this experience. Most people who survive a suicide attempt do not go on to die by suicide, but rather go on to live healthy, productive lives.

INTERACTING WITH FAMILY AND FRIENDS

Sometimes people do not know what to say following a suicide attempt.

They may be frightened, confused, or angry, and say things that are not helpful to your recovery. They may also avoid discussing it with you.

Those close to you will also need time to process what has happened. Their journey is not your journey however, and you are not responsible for how they decide to work through their feelings.

You have just experienced a critical health event and just as you would while recovering from any other health concern, you will need time, reflection, and support from others during your recovery.

If asked about your attempt, tell people what you are comfortable telling them, or that you need time. Find a therapist and/or a support group. Enlist the help of family and friends with day-to-day responsibilities, if needed.



THINGS YOU CAN DO TO SUPPORT YOUR RECOVERY:

- 1 BE KIND TO YOURSELF.** You have just survived a life-threatening health crisis and you deserve to take the time you need. Give yourself permission to heal at your own pace.
- 2 TAKE CARE OF YOUR SELF.** Getting enough sleep, eating right, exercising and spending time with uplifting people can have a huge impact on your health and mood.
- 3 TAKE CARE OF YOUR MENTAL HEALTH.** For some, engaging in treatment for a mental health condition can be very helpful. Your treatment provider can also help you develop a safety plan and find ways to address life stressors. To find a mental health professional in your area, visit <https://findtreatment.samhsa.gov/>.
- 4 TRY GROUP THERAPY OR A SUPPORT GROUP.** There are different kinds of support groups, including those for depression, anxiety, addiction and other mental health concerns and for survivors of a suicide attempt. A group can help you reconnect and heal within a supportive community. Visit afsp.org/AfterAnAttempt for more information.

- 5 TALK TO PEOPLE YOU TRUST.** When you're ready, let them know what happened and how they can help you stay safe and heal.
- 6 JOIN OUR AFSP COMMUNITY.** Whether you visit our website, attend a community presentation, join a volunteer committee, or participate in a walk, you will be connected to people who understand the complexity of suicide and want to help prevent it. Visit afsp.org/chapters.

Safety Plan

Having a safety plan that addresses the following is an essential component of your recovery:

- 1. RECOGNIZE** your warning signs.
- 2. EMPLOY** healthy coping strategies that do not rely on the presence of others.
- 3. ENGAGE** with people and go to places that help take your mind off your problems.
- 4. REACH OUT** to family or friends that can help you in a crisis.
- 5. CALL** the National Suicide Prevention Lifeline 1 (800) 273-8255.
- 6. VISIT** afsp.org/safety for more information about creating a safety plan.