

You Are a Suicide Survivor — Where Do You Start?

Immediate steps for someone who has survived an attempt:

- Seek urgent medical and psychological care.
- Even if physical injuries are minor, a full mental-health assessment is crucial.
- Remove or secure lethal means from the environment.
- Create a safety plan with a clinician (triggers, coping strategies, contacts).
- Engage a support circle—trusted family, friends, peers with lived experience.
- Consider evidence-based therapies such as CBT-SP, DBT, or CAMS.
- Schedule follow-up within 24–48 hours. Rapid “caring contacts” cut repeat attempts.
- Join survivor support groups (online or local).
- Prioritize whole-person self-care: sleep, nutrition, activity, meaning-making.
- Know relapse warning signs and rehearse the safety plan monthly.