

Your Loved One Survived a Suicide Attempt — Where Do You Start?

Why This Matters

The period after a suicide attempt is the highest-risk window for another attempt. Your support can provide stability, hope, and a path to healing—for your loved one and for yourself.

Immediate Steps

- Ensure all follow-up medical and mental-health appointments are scheduled before discharge.
- Remove or securely lock away firearms, medications, and other potential means.
- Help your loved one create or update a written Safety Plan (triggers, coping steps, crisis contacts).
- Check in daily with simple questions: “How is your mood today? Any urges?”
- Know emergency numbers: 988 in the U.S. or local crisis lines.

Build a Support Circle

- Encourage evidence-based therapy such as CBT-SP, DBT, or CAMS.
- Join family education programs (e.g., NAMI Family-to-Family).
- Coordinate with school or workplace to ease reintegration.
- Identify one or two backup supporters in case you need rest.

Self-Care for You

Caring for someone after an attempt can be exhausting. Protect your own mental health:

- Keep regular sleep, nutrition, and exercise routines.
- Share your feelings with a therapist or peer support group.
- Schedule at least one guilt-free break each week.

Key Resources

- 988 Suicide & Crisis Lifeline (USA): Call or text 988
- Caring Contacts template: [NowMattersNow.org/safety-plan](https://www.nowmattersnow.org/safety-plan)
- NAMI Family Support Groups: [nami.org](https://www.nami.org)
- The Way Forward (guide for attempt survivors and families): [SAMHSA PDF](#)