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# What Happens After a Suicide Attempt?

If you or a loved one has survived a suicide attempt, you may experience challenges while in recovery.

## Physical Harm

Suicide attempts can result in serious physical harm.

Addressing these issues promptly is vital to prevent further complications.

## Mental Health

Many individuals contemplating suicide may not grasp their reasons and might struggle to express their feelings, often feeling isolated during their experience.

## Quality of Life

Many people who have survived an attempt may approach challenges in a new way and recognize that there are people available to support them.

## Support Networks

Whether it's reaching out to a friend, family member, or member of your community, there are ways to feel less alone. Let loved ones know what happened and how they can make you feel safe.

Learn more about suicide prevention at [stampoutstigma.com/suicideprevention](https://stampoutstigma.com/suicideprevention).

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# How to Support Someone in Recovery

Encourage them to engage in a healthy lifestyle.



Take care of yourself.



Reduce their workload or help them with daily responsibilities.

Take action to reduce access to means, such as removing or safely storing firearms and medications.

Listen and allow them to share their feelings in a safe space.



Understand what to say to someone who has attempted suicide.

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# Safety Plan After a Suicide Attempt

For someone who may have contemplated suicide, reach out to a mental health professional and develop a safety plan to prevent future crises.



Recognize what puts you at risk and what may act as a trigger. Develop coping strategies that you can practice on your own.

Surround yourself in an environment that makes you feel safe. Reach out to support systems and keep the Suicide & Crisis Lifeline **988** accessible.

