

# Suicide Survivors – First Steps After an Attempt

This guide is for anyone who has survived a suicide attempt.

You are still here. That fact alone matters. These are gentle first steps for the hours and days after.

## 1) Medical safety first:

- If you have injuries, pain, or feel unwell – seek medical attention urgently.
- Even if you feel ‘fine’, contact your GP or NHS 111 (UK). Complications can appear later.

## 2) Secure your space:

- Remove means of harm from your immediate environment where possible.
- Ask someone you trust to help with this if you cannot do it alone.

## 3) Immediate emotional steps:

- Breathe slowly – in for 4, out for 6. Repeat for 1–2 minutes.
- Tell yourself: “I am safe enough right now.”

## 4) Who to call:

- Samaritans – 116 123 (UK & ROI, free, 24/7)
- Breathing Space – 0800 83 85 87 (Scotland, evenings/weekends)
- NHS 111 – for urgent non-emergency medical advice
- If in immediate danger, call 999.

## 5) First 48 hours:

- Try to eat small meals and drink water, even if appetite is low.
- Keep lighting gentle and routines simple.
- Rest in short naps if sleep feels impossible.

## 6) Reaching out:

- If you can, tell one trusted person what has happened.
- You do not need to explain everything – one sentence is enough: “I had a crisis, I need support.”

Remember: Survival is not failure. It is the start of a second chance.