

Long-Term Recovery Pathways (Suicide Survivors)

Recovery after surviving a suicide attempt is not a straight road. It is often a long, winding path. This guide helps you see recovery as stages, with no 'right' timeline.

1. Stabilisation (first weeks):

- Safety planning with professionals and trusted people.
- Restoring basic routines: food, hydration, medication, and safe sleep.
- Emergency contact numbers always available.

2. Rebuilding (months):

- Exploring therapy options such as CBT, DBT, or trauma-focused therapy.
- Gradually returning to work, study, or daily responsibilities with support.
- Small goals and achievements celebrated, no matter how minor.

3. Integration (long term):

- Building meaning and identity beyond crisis.
- Creating a supportive network of peers and safe relationships.
- Accepting that relapses can happen and are part of recovery, not failure.

Helpful Notes:

- Medication may help stabilise mood, but it works best alongside therapy.
- Neurodiverse survivors may need more structured plans, sensory-aware coping strategies, and clarity in professional communication.

Support Services:

- Samaritans: 116 123 (UK & ROI, 24/7).
- NHS Mental Health Helplines: www.nhs.uk/service-search/mental-health.
- Maytree (London): short-term residential support after suicidal crisis.
- Survivors of Bereavement by Suicide (SOBS): sobscharity.org.uk.
- CALM (Campaign Against Living Miserably): www.thecalmzone.net.

Remember: Recovery is about building safety, meaning, and connection. There is no single path, but there are many ways forward.