

# **Practical Support After a Suicide Attempt**

Surviving a suicide attempt can leave you and those around you with many unanswered questions, fears, and practical challenges. This sheet offers first steps and steadying actions to help you through the immediate days and weeks.

## **1. Medical & Physical Safety**

- Follow all medical advice given after the attempt.
- Keep emergency numbers visible (999 in the UK).
- If medication was involved, ensure safe storage or supervised dispensing.

## **2. Emotional Safety**

- Identify one or two trusted people you can call when you feel unsafe.
- Use grounding tools: slow breathing, name five things you see.
- Write down one coping statement to keep by your bedside or phone.

## **3. Daily Structure**

- Keep to small routines: meals, showers, short walks.
- Set tiny goals: 'I will make tea' or 'I will open the window'.
- Reduce alcohol or drugs that lower mood or judgement.

## **4. Communication**

- Let a trusted person know what you find helpful when you are struggling.
- Agree a simple check-in system (e.g., a daily text, or code word).
- Share your safety plan with someone you trust.

## **5. Professional Support**

- Contact your GP to discuss ongoing care and referral options.
- In Scotland, NHS 24 (111) can guide you to urgent mental health teams.
- Ask about community mental health services, talking therapies, or crisis teams.

## **6. Crisis Plan**

- Write a short list of steps you can take when the urge to self-harm increases.
- Include: who to call, what grounding tool works for you, where you can go.
- Keep the plan in your phone and on paper nearby.

Remember: surviving a suicide attempt is not the end of your story — it can be the beginning of rebuilding safety and finding new meaning. Help is available, and you do not need to face this alone.