

After an Attempt



**A Guide for Taking Care of
Yourself After Your Treatment
in the Emergency Department**



SAMHSA

Substance Abuse and Mental Health
Services Administration

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Recovering From a Suicide Attempt

This brochure was created to help you as you begin to work through the challenges that led you to attempt to take your life. It offers information about moving ahead after your treatment in the emergency department and provides resources for more information about suicide and mental illnesses.

Today

Today may feel like the hardest day of your life. You have seriously thought about or perhaps attempted to end your life. You may be exhausted. A common experience after surviving a suicide attempt is extreme fatigue. You may be angry. You may be embarrassed or ashamed. The attempt itself, the reactions of other people, transportation to and treatment in an emergency department or other health care facility—all these can be overwhelming to you right now. But, recovery is likely, and all the feelings you are experiencing right now can get better.

After the Emergency Department

After you have been treated for a suicide attempt in an emergency department and the doctors believe you are medically stabilized, you will either be discharged (released) or you will be hospitalized.

If you are discharged after your suicide attempt, the staff in the emergency department should provide you with a plan for followup care.

The exact steps for followup care will vary with each person, but your plan should include:

- A scheduled appointment in the near future with a mental health provider (such as a psychiatrist or other licensed therapist). Make sure that the name and contact information for the provider is given to you before you leave the hospital and that your appointment will occur as soon as possible.
- Information on any treatments that you received in the emergency department, such as medications, and what, if anything, you will need to do about those treatments after you leave.
- Referrals to local and national resources and crisis lines for information and support. See the back pages of this brochure for more information.

Once you have a plan for followup care that you understand and are comfortable with, you and, if appropriate, a family member should work closely with a therapist to ensure that your plan is meaningful and effective.

If the emergency department staff feel that you need more immediate care or longer-term care than the emergency department can provide, you will be referred for inpatient hospitalization. If hospitalization is necessary, you and your family, if appropriate, can begin to work with the hospital to develop a plan for the next steps in your care. Hospital staff (usually a social worker) should help you with this process.

What if You Don't Want To Go to the Hospital?

People generally have the right to consent to or refuse treatment. However, if the emergency physician believes you are a danger to yourself or someone else, he or she must consider having you hospitalized involuntarily for a limited period of time. Laws about commitment vary by state. If you have questions about your rights as a patient, you should contact your local Protection and Advocacy organization. These are legal centers that are funded to protect the rights of persons with mental health needs. You can either go to their national Web site at www.ndrn.org or call the office at 202-408-9514 to inquire about the Protection and Advocacy center in your state.

Next Steps: Moving Ahead and Coping With Future Thoughts of Suicide

Recovery from the negative thoughts and feelings that made you want to end your life is possible. You may get to a place where you never have thoughts of suicide again and you can lead a happy, satisfying life. You also may learn to live with these thoughts in a way that keeps you safe.

After you leave the hospital there are several things you can do to help in your recovery. It may feel hard and overwhelming right now, but over the next few days, following these tips can help turn things around.

Create a safety plan. You and your doctor, or other licensed therapist, should work together to develop a safety plan to help reduce the risk of a future suicide attempt. When creating a safety plan, be honest with yourself and your doctor to ensure that the plan meets your needs and that you feel comfortable with it. Although everyone's safety plan is different, some common things that may be in your plan include: signs that may indicate a return of suicidal thoughts or feelings and what to do about them; when to seek additional treatment; and contact information for your doctor, therapist, or a trusted friend or family member. Keep a written copy of your safety plan nearby so you can refer to it as needed.

Build a support system. A support system is a key part of recovering from a suicide attempt and preventing another one. It is important that you have at least one person in your life who can be your "ally." This must be a person you trust and can be honest with—especially if you start to have thoughts of ending your life again. Family members or a close friend

can serve this important purpose. A member of the clergy, mentor, or colleague also could be helpful to you at this time. Having more than one ally can be a great asset, as well.

Keeping your ally informed about your thoughts, feelings, and wishes can help in your recovery and may help prevent another suicide attempt. You will have to be honest with yourself and with your ally to make this work. Even when you are feeling alone, always remember that there are people in your life who care about you a great deal and are willing to help.

Learn to live again. When you are recovering, the world can look like a pretty bleak place. It may take a little while before your life starts to feel comfortable again. One thing you can do to help is to get back into a routine. Eat at regular times, exercise regularly, and go to sleep and get up at the same time each day. Try to join in your usual activities a little at a time, and add in more when you feel comfortable.

If you continue to have thoughts of suicide, reach out for help immediately and contact your ally, a doctor, or a crisis hotline (see the back pages of this brochure for listings). Remember: The emergency department is open 24 hours a day, 365 days a year to help you if you have thoughts of suicide or if your medical team is unavailable to provide you with the needed care.

Listen closely, and carefully consider the support and advice you receive. It is important to be honest with yourself, your doctor, or others about your feelings so that you get the best possible care.

Sometimes being under pressure and having thoughts of suicide can make it difficult for you to make the best decisions, and at those times, other people may have a more realistic view of your situation than you do. Your ally can help you work through these confusing and isolating thoughts and feelings and help keep you safe.

Everyone's recovery is different. Some people have persistent thoughts of suicide. For others, such thoughts may accompany certain moods or circumstances. Here are some steps you can take to prevent negative and destructive thoughts in the future and to keep you safe. You also may want to consider adding some of these steps to your safety plan.

- *Remove the means for hurting yourself from your environment:* Work with your ally to remove methods of self-harm. It is better not to have these things around while you are recovering. If you use medication, keep only a few days' supply on hand and ask someone else to hold onto the rest. For other means of self-harm, place them in someone else's hands for a while; you can always take back these items when things feel more settled.

- *Identify what sets off or starts these thoughts for you:* It may be an anniversary of a painful event, for instance, or seeing a knife in the kitchen. Plan to minimize the effect of these triggers on

“Since the time I was in the ER, I have experienced thoughts of suicide, but luckily I have a strong support system in place.”

Quote from a national survey of individuals who attempted suicide.

your life. Sometimes you can avoid them or train yourself to respond differently, or you can involve your allies ahead of time to help you face a difficult situation. Remember that life events do not cause a suicide, but they can increase the risk of an attempt.

- *Learn about mental illness:* Someone who has had or is living with suicidal thoughts may be suffering from a mental illness such as bipolar disorder, schizophrenia, or major depression. Contact a doctor or see the back pages of this brochure for more information about mental illness and treatment.

- *Learn about crisis hotlines:* Hotlines provide you with a trained person to talk to when you are having suicidal thoughts. This person will listen to you and help you choose another path. The person you talk with may work with you on your safety plan, so have that plan close by when you make the call. If you do not have a safety plan in place, the crisis staff will help you create one. See the resources listed at the back of this brochure for more information on crisis lines.

- *Participate in a mutual peer-support group:* There are many types of support groups, and you may wish to participate in one in your area. Learning from others and sharing your experience can make a big difference in the way you think about your life. It also may help save the life of someone else. The resources listed at the back of this brochure can link you to a number of peer-support centers in your area.

- *Get involved in life:* Finding a hobby or enjoying a favorite pastime—such as listening to music, watching your favorite movie, or collecting things—is a great way to help you cope when things get tough. Hobbies or activities that involve interacting with others are an especially good idea. Whatever your interests may be, make sure you have access to the things you enjoy. That way, if your negative thoughts come back, you can turn to something that brings you comfort and enjoyment.

Remember—there are reasons to live and make things better. You can survive, and even thrive, despite the way you feel at times. Recovery is likely.

To learn more about suicide, healing, hope, and help:

If you're in crisis or distress anytime, day or night

National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

Live chat: www.suicidepreventionlifeline.org

Veterans Crisis Line and Military Crisis Line: 1-800-273-8255 (press 1).

Text to 838255. Live chat: <http://www.veteranscrisisline.net>

The Trevor Project: 1-866-488-7386. For lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people. <http://www.thetrevorproject.org>

Websites for Suicide Attempt Survivors

National Suicide Prevention Lifeline's "With Help Comes Hope" website has information for survivors, friends and families, and clinicians. It has survivor stories, self-care tips, "7 things attempt survivors wish their friends and families knew," a therapist and support group finder, videos, and more.

<http://lifelineforattemptsurvivors.org>

American Association for Suicidology is a professional organization with an "Attempt Survivor/Lived Experience" division, where attempt survivors have a collective voice in the field of suicide prevention.

<http://suicidology.org/suicide-survivors/suicide-attempt-survivors>

National Action Alliance for Suicide Prevention is a public/private partnership that advances the National Strategy for Suicide Prevention. Its Suicide Attempt Survivors Task Force wrote *The Way Forward: Pathways to hope, recovery, wellness with insights from lived experience*.

<http://actionallianceforsuicideprevention.org/task-force/suicide-attempt-survivors/>

Free from SAMHSA

Order or download from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Store (www.store.samhsa.gov). Click "Treatment, Prevention & Recovery" and then "Suicide Prevention."

A Journey toward Health and Hope: Your Handbook for Recovery after a Suicide Attempt.

Guides you through the first steps toward recovery and a hopeful future after a suicide attempt. Includes personal stories from survivors who share their experiences as well as strategies, such as re-establishing connections and finding a counselor to work with. (SMA15-4419)

Stories of Hope and Recovery: A Video Guide for Suicide Attempt Survivors. DVD of three people who tell about their journeys from attempting suicide to lives of hope and recovery. (SMA12-4711 DVD)

A Guide for Taking Care of Yourself after Your Treatment in the Emergency Department (Spanish version also available.) (SMA18-4355ENG / SMA18-4365SPAN)

A Guide for Taking Care of Your Family Member after Treatment in the Emergency Department (Spanish version also available.) (SMA18-4357ENG / SMA18-4358SPAN)

A Guide for Medical Providers in the Emergency Department: Taking Care of Suicide Attempt Survivors (SMA18-4359)

Free Apps from the Apple App Store and Google Play

MY3 Safety Planning App. Stay connected when you are having thoughts of suicide.

Virtual Hope Box. Helps with coping, relaxation, distraction, and positive thinking.

Finding a Therapist

SAMHSA's **Behavioral Health Treatment Locator** is for people looking for treatment facilities for substance use and for mental health problems. 1-800-662-HELP (4357) or <https://findtreatment.samhsa.gov>

A Journey toward Health and Hope (see "Free from SAMHSA") has an excellent section on finding a counselor.

Information about Suicide and Suicide Prevention

Suicide Prevention Resource Center. This SAMHSA-funded national resource center has a wealth of information about suicide and its prevention. www.sprc.org

National Action Alliance for Suicide Prevention. Public-private partnership that advances the National Strategy for Suicide Prevention. <http://actionallianceforsuicideprevention.org>

National Council for Suicide Prevention. National coalition of leading nonprofit organizations working to end suicide in the United States. <http://thencsp.org>

Information about Mental Health and Mental Illness

Substance Abuse and Mental Health Services Administration (SAMHSA). A part of the U.S. Department of Health and Human Services (HHS), SAMHSA's mission is to reduce the burden of substance abuse and mental illness on America's communities.

www.samhsa.gov

National Institute of Mental Health (NIMH). A part of HHS and the National Institutes of Health, NIMH's vision is to transform the understanding and treatment of mental illnesses. www.nimh.nih.gov

Depression and Bipolar Support Alliance. Provides hope, help, support, and education to improve the lives of people who have mood disorders. www.DBSalliance.org

Mental Health America. Dedicated to helping all Americans achieve wellness by living mentally healthier lives. www.mentalhealthamerica.net

National Alliance on Mental Illness (NAMI). Dedicated to building better lives for the millions of Americans affected by mental illness. www.nami.org

Psychiatric Advance Directives

Psychiatric Advance Directives are legal documents that can be prepared in advance by people who are concerned that they might be subject to involuntary psychiatric treatment or commitment in the future. <http://www.nrc-pad.org>



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