



Healing After an Attempt:

How did I get here?



You may not understand all of the thoughts and feelings that led you to consider suicide, and **that's okay**.



You don't need to have all of the answers to heal from this experience. There is a way through.

Interacting with friends and family.



Sometimes people do not know what to say following a suicide attempt.

They may be frightened, confused, or angry, and say things that are not helpful to your recovery.



They may also avoid discussing it with you.



If asked about your attempt, tell people what you are comfortable telling them, or that you need time.

Find a therapist or other mental health professional and/or a support group.



Safety plan



1. Recognize what puts you at risk.
2. Find coping strategies that do not rely on the presence of others.
3. Engage with people and go to places that help take your mind off your problems.
4. Reach out to family or friends that can help you in a crisis.
5. Call the National Suicide Prevention Lifeline at 1-800-273-8255
6. Keep your environment safe.