

YOU ARE NOT ALONE

When someone close to you attempts suicide

Questions to ask health professionals

During and immediately after the suicide attempt, it's normal to want to gather as much information as possible, to help the person you care about and ease your worries.

Here are some questions you can ask the doctors, nurses, nursing unit managers and social workers:



*Try not to get ahead
of yourself and think
too far into the future.*

*Managing the 'here and
now' is best.*

- How significant are the medical needs of the person I care about?
- What can I do to help right now?
- What is the plan for the next 24–48 hours?
- How much has been communicated to the person I care about?
- What can I expect to happen next?
- What is the best way to approach the person in the next few days?
- If I need help, who can I speak to?
- Will the person be admitted to a ward, or treated in emergency and discharged?
- If they are discharged, what is the plan for supporting them once they get home?
- If they attempt suicide again, what should I do?

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“So I went home overnight and came back the following morning, and that was the day it really hit badly. I was a bit of a mess, and I would have to say, I’ve never felt so alone. I wanted to chat.”

A partner who cares for their husband