

YOU ARE NOT ALONE

When someone close to you attempts suicide.

Tips for thinking about your own needs during this time

When someone close to you has attempted suicide, it's hard to think about your own needs. But you'll be much better able to support them if you're also taking care of yourself.

Here are some things to bear in mind:

- Your needs and the needs of the person you care for aren't the same. You might need to advocate for yourself differently than you do for the person you care for. That's okay.
- It's not unusual to feel angry or upset if someone you care about attempts suicide. If these emotions do arise for you, allow yourself to feel them. They're normal.
- Take small moments for yourself when you can — a warm shower, a walk, or coffee with a friend in the hospital cafeteria. Rest and regroup, even if it's only for a short time.
- Mindfulness can help you to slow your thoughts down, allowing you to take stock and reduce stress. Try the [Smiling Mind App's](#) guided meditations, or read these [tips on mindfulness](#) from the [Black Dog Institute](#).
- Family and friends may need a reminder to focus on everyone impacted by the suicide attempt, not just the person who made the attempt. Trying to meet the needs of everyone can be a difficult juggling act. Clear communication is key.
- If you want to talk to someone removed from the situation, call the [SANE Help Centre](#) on 1800 18 7263 to chat to a trained mental health professional.
- Be open to approaching multiple people for practical and emotional support. Your needs will change over time, and there might be more than one person who can help you.

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“People might feel I don’t really know what to do or maybe I’m completely out of my depths here. And I don’t think you do have to have the answers. I think a lot of the time it’s just being able to listen to somebody”

A man who cares for his friend