

YOU ARE NOT ALONE

When someone close to you attempts suicide.

Tips to ensure you have the right information

Write down some information about the person you care about, so you have their details at hand when you're asked. Summarise the person's past mental health needs, if you know them. You could also describe:

- what you think might have caused them to attempt suicide
- the support they currently have at home
- what you believe might help them right now.

You may need to tell the same story to multiple people, so having up-to-date information written down can make this easier, and give your mind a break from trying to think and remember.

Here are some tips to ensure you have all the information you need:

- Ask health professionals to explain their job and where they 'fit'.
- Ask health professionals to write down the information they're giving you verbally, or take notes on your phone or paper.
- Ask who is coordinating the person's treatment and find out who will make decisions about their discharge. Keep communicating with this person, so you can stay informed and involved in any plans for future support.