Recovering from a suicide attempt

Stay hopeful

This information has been put together from the insight and wisdom of people who have experienced suicide attempts. It contains information for your support network, friends and family.

Life after a suicide attempt is a confusing time, ones that will needs time and patience.

Getting your life back to feeling worthwhile and meaningful is possible with the right support.

You may not have the answers right now, but in time, you can recover emotionally and physically.

A counsellor can help to address the feelings or situations that led up to your suicide attempt. You can talk openly about what has happened and find new ways to cope with difficult decisions, experiences or emotions.

Kelly's Heroes Listening Ear Service is available daily from 6pm.

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If you have just attempted suicide, it is important to see a doctor, even if you think you feel OK, even if the attempt does not appear life threatening. In the first few days after a suicide attempt many questions will arise, and you may not always be able to find the answers.

You are not alone – you can get through this

Talking to others about your suicide attempt is very personal. It's normal to feel a little unsure and worried about what others might think. Try not to be pressured into talking before you are ready but use the time to think about how you may respond and talk to those you trust.

Often a short response such as "Things have been really difficult for me lately and I attempted suicide. I just wanted to let you know what I have been dealing with and that I am trying to get back on track."

There is no right or wrong way to feel following a suicide attempt. You might not know why, or even if, you wanted to end your life. You might feel confused by what has happened and these feelings can change quickly and unexpectedly.

You might be feeling exhausted, numb, remorseful or embarrassed. It is common to feel shame or guilt and worried about how your attempt has affected those around you.

Recovery from a suicide attempt is about building strategies and confidence in managing thoughts about death and suicide if or when they return.

Some people find that their suicidal thoughts can return in response to situations of significant stress or tension, so many people find it is useful to prepare a safety plan. You can download a template from our website

After a suicide attempt it can be hard to see what the future holds. It might help to see this time as a turning point; an opportunity for you to find your way back. By focusing on the potential for change following your darkest times, and accepting the assistance of others, you can create opportunities that offer hope and direction for your future.

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