



# After an Attempt: A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department

Setting  
**Emergency Departments**

Type of Program  
**Awareness**

NSSP Goals Addressed  
**7.1, 7.8**

## Program Description

Originally developed by the National Alliance on Mental Illness and endorsed by the American College of Emergency Physicians, this 14-page brochure provides practical information regarding treatment and follow-up for those seen in a hospital emergency department after a suicide attempt. The brochure addresses the following topics:

- Your Emotional Response to a Suicide Attempt
- What to do After the Emergency Department Visit
- What if You Don't Want to Go to the Hospital?
- Next Steps: Moving Ahead and Coping with Future Thoughts of Suicide
  - Creating a Safety Plan
  - Building a Support System
  - Learning to Live Again
  - Everyone's Recovery is Different
- Links to Additional Resources

## Program Objectives

Those who read the brochure should:

1. Have increased awareness of the emotional reaction to suicide attempts.
2. Have increased awareness of emergency department procedures regarding discharge and follow-up care.
3. Have increased awareness of treatment aftercare that may decrease the likelihood of re-attempts.

## Implementation Essentials

- Brochures should be provided to emergency department staff for distribution along with the following National Suicide Prevention Lifeline brochures that address the needs of family members of those who attempt suicide and emergency department medical staff:
  - *After an Attempt: A Guide for Taking Care of Your Family Member after Treatment in the Emergency Department.*
  - *After an Attempt: A Guide for Medical Providers in the Emergency Department Taking Care of Suicide Attempt Survivors.*

## Contact Information

This brochure was originally developed by the National Alliance on Mental Illness ([www.nami.org](http://www.nami.org)) in partnership with the Suicide Prevention Resource Center ([www.sprc.org](http://www.sprc.org)) under a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). It is now sponsored by the National Suicide Prevention Lifeline ([www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)).

## Costs

The *After an Attempt: A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department* brochure is available for free. It can be ordered or downloaded from SAMHSA's National Mental Health Information Center at <http://mentalhealth.samhsa.gov/publications/allpubs/SVP-0157/>

\*The content of practices listed in Section III (Adherence to Standards) of the SPRC/AFSP Best Practices Registry address specific goals of the *National Strategy for Suicide Prevention* and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not reviewed for evidence of effectiveness. Additional information about the Best Practices Registry can be found at [www.sprc.org](http://www.sprc.org).

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