



A journey toward health and hope: Your handbook for recovery after a suicide attempt

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Information

Type: Manual

Author: Substance Abuse and Mental Health Services Administration (SAMHSA)

Publisher: Substance Abuse and Mental Health Services Administration (SAMHSA)

See This Resource

[A journey toward health and hope](#) [1]

Guides people through the first steps toward recovery and a hopeful future after a suicide attempt. Includes personal stories from survivors who share their experiences as well as strategies, such as reestablishing connections, finding a counselor to work with and creating a safety plan.

Populations: Attempt Survivors and Other People with Lived Experience

Settings: Outpatient Mental Health, Crisis Centers/Services

Strategies: Increase Help-Seeking, Effective Care/Treatment, Safety Planning

Links within this resource

[1] <http://store.samhsa.gov/product/A-Journey-Toward-Health-and-Hope-Your-Handbook-for-Recovery-After-a-Suicide-Attempt/SMA15-4419>



Suicide Prevention Resource Center

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