



## Aftercare That Makes a Difference

### Video:

Suicide attempt survivors are most vulnerable in the days and weeks after an attempt. What aftercare can you or your hospital provide to help reduce re-attempts and suicide deaths?

In this brief video, Diana Cortez Yañez, a suicide attempt survivor and lived experience consultant, shares the value of aftercare and what hospitals can do to help patients safely navigate transitions in care. She provides specific examples, such as the following:

- A safety plan to use after leaving the hospital
- Contact from the hospital after discharge
- Appointments set up with an outpatient provider

### Recommended Resources



### [Zero Suicide toolkit: Safe care transitions](#) [1]

This section of the toolkit provides information and resources addressing safe transitions in care.



## [Continuity of care for suicide prevention: The role of emergency departments \[2\]](#)

This guide highlights key steps that emergency departments can take to promote safe care transitions for patients with suicide risk.



## [Care transitions: Best practices and evidence-based programs \[3\]](#)

This paper summarizes best practices in care transitions and describes successful programs that reduced readmissions and overall costs.



## [After an attempt guides for families, providers and those being treated in EDs \[4\]](#)

These three booklets provide guidance on what to expect and what to do during emergency department treatment and continuing care after a suicide attempt.



## [Speak up: Planning your follow-up care \[5\]](#)

This brochure lists questions to help patients being discharged from a hospital obtain the information they need for their follow-up care.



## [Re-engineered discharge \(RED\) toolkit \[6\]](#)

This toolkit describes 12 mutually reinforcing actions that hospitals undertake during and after a hospital stay to ensure safe transitions in care.

### Links within this resource

- [1] <http://www.sprc.org/resources-programs/zero-suicide-toolkit-safe-care-transitions>
- [2] <http://www.sprc.org/resources-programs/continuity-care-suicide-prevention-role-emergency-departments>
- [3] <http://www.sprc.org/resources-programs/care-transitions-best-practices-and-evidence-based-programs>
- [4] <http://www.sprc.org/resources-programs/after-attempt-guides-families-providers-those-being-treated-eds>
- [5] <http://www.sprc.org/resources-programs/speak-planning-your-follow-care>
- [6] <http://www.sprc.org/resources-programs/re-engineered-discharge-red-toolkit>

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