Aftercare That Makes a Difference

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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

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