

SUPPORTING SOMEONE AFTER A SUICIDE ATTEMPT OR MENTAL HEALTH CRISIS

Returning to everyday life after a suicide attempt or acute mental health crisis can feel uncertain for everyone involved. Recovery may include relief, fear, embarrassment, exhaustion, frustration, or many emotions at once. Consistent, nonjudgmental support can make the transition less isolating.

What to notice or do:

- Ask what support would be useful rather than assuming: "Would you like company, practical help, or some space with a check-in later?"
- Keep connection steady. A short text, meal, ride, walk, or scheduled call can be meaningful.
- Respect privacy. Let the person decide what they want others to know unless there is an immediate safety concern.
- Encourage follow-up care and help reduce practical barriers when you can, such as transportation, scheduling, or child care.
- Remember that recovery is rarely linear. A difficult day does not mean someone has failed or returned to the beginning.



Keep in mind: Avoid demanding explanations about why the crisis happened. The person may not have clear answers, and pressure can add shame. Focus on what helps them stay safe and supported now.

Supporters need care too. If you are a family member, friend, or coworker affected by someone's crisis, consider talking with a counselor or trusted person so you are not carrying the experience alone.