

Steps to take after the suicide attempt of a loved one

Short term

In the hospital or emergency room

- Ask to meet with **the treatment team** prior to discharge from the hospital. They can develop a plan for the patient to receive follow-up care after discharge.
- Talk with the treatment team about the **safe storage or removal** of guns and medications from the home.
- If receiving services at VA, ask how to connect with a **VA suicide prevention coordinator** who can provide further support and resources.
- Request a copy of the **safety plan** for the patient prior to leaving the facility.
- Schedule all **follow-up appointments** prior to discharge.



U.S. Department
of Veterans Affairs

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Long term

Getting home and getting well

Educate yourself and others on suicide prevention and the resources available, including:

Make the Connection

Hear Veteran stories of recovery and support.

MakeTheConnection.net

Don't wait. Reach out.

VA.gov/REACH

Veterans Crisis Line

Be prepared. Save the number to your phone.

Dial 988 then Press 1, chat online at ***VeteransCrisisLine.net/Chat***, or text **838255**

Find local resources:

VeteransCrisisLine.net/Get-Help/Local-Resources

Learn more at

www.mentalhealth.va.gov/suicide_prevention/show-support.asp