

## Safety Tips

- If someone has thoughts and feelings about suicide, take them seriously.
- If you are concerned, get help immediately (contacts on next page). You do not hold total responsibility for the care and safety of someone else.
- **Be around:** If the person tells you he/she is feeling unsafe or you think they may be at high risk, don't leave them alone. You could ask someone else to stay with them when you need to leave or need time out.
- **Discourage the use of alcohol and other drugs that have not been prescribed:** These may add to their distress.
- **Reduce opportunity and keep the environment safe:**
  - ✓ **Secure** car keys, sharp instruments, ropes, poisons, and gas bottles. The temporary inconvenience may be life-saving! Further information about safe environments is available upon request.
  - ✓ **Medications:** Secure all prescribed medications and safely dispose of expired or unwanted medications [you may do this through a pharmacy].
  - ✓ Safely remove any firearms from the property.

*Do your best for the person you're trying to help. REMEMBER, despite our best efforts, some people may still harm themselves or follow through with suicide.*

## Who can help?

### In event of an emergency: Phone 111

- **24 Hour Emergency Mental Health Service**  
Phone (03) 546 1800
  - **General Practitioner**  
If you are having difficulty with issues arising from someone else's suicide attempt, your GP may refer you for free counselling through the Primary Mental Health Initiative or Brief Intervention Service [Nelson Bays only].
  - **After Hours Duty Doctor**  
Nelson (03) 546 8881  
Blenheim (03) 520 6377
  - **LifeLine** – 0800 543 354
  - **Youthline** – 0800 376 633
  - **Depression Helpline** – 0800 111 757
  - **Alcohol Drug Helpline** – 0800 787 797
  - **Gambling Helpline** – 0800 654 655
  - **Healthline** – 0800 611 116
  - **Suicide Prevention Coordinator**  
(03) 545 8873
  - **Supporting Families in Mental Illness**  
Nelson – (03) 546 6090  
Blenheim – (03) 577 5491
  - **Relationship Services** – 0800 RELATE
  - **Marae & culturally-based support networks**
  - **Church or faith-based support networks**
- Further Information
- [www.nbph.org.nz](http://www.nbph.org.nz)
  - [www.spinz.org.nz](http://www.spinz.org.nz)
  - [www.depression.org.nz](http://www.depression.org.nz)

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# AFTER A SUICIDE ATTEMPT



## INFORMATION FOR FAMILY, WHANAU, FRIENDS, AND SUPPORT NETWORKS



**Kimi Hauora Wairau**  
Marlborough Primary Health Organisation  
SEEKING WELLBEING IN MARLBOROUGH

## How will you cope after a suicide attempt?

Suicidal thoughts and actions of someone close to us may generate conflicting feelings such as: shock, disbelief, sadness, guilt, anger, fear, or others. These can be difficult to process and it is not uncommon for relationships to be strained. It can be challenging to know what to do and how to cope.

### Help is available!

Some options for assistance are listed on the centre back panel of this brochure.

### Understanding Suicidal Behaviour

Suicidal behaviour is complex. Your loved one may feel overwhelmed by distress. Depression is the most common risk factor for suicidal behaviour.



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*It is a good idea to talk to a health professional/clinician about what you can do to keep the person safe.*

### Information

- Following discharge from a hospital setting/emergency department, the person may still be at risk and will require close monitoring.
- A large percentage of people who make a suicide attempt will **not** keep their first appointment with a health professional. Please support them to attend and be involved.
- Active engagement of family/whānau supports recovery.

### Family guidelines after a suicide attempt

- **Look after yourself:** Access help for yourself first and foremost – you don't need to do this alone.
- **Look out for your family:** You will each have different needs. Remember young people.
- **Go slow:** Recovery takes time.
- **Be aware of situations that may cause further stress.**
- **Keep in touch with others:** Find a support network for yourself.

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*You can only do what you are able to do. You are not responsible for another person's actions.*

### Communication

- Offer:
  - ✓ un-conditional love
  - ✓ open discussionIf necessary, ask for help to facilitate communication.
- **Listen:** Let them talk honestly about how they think and feel. Listen without judgment. They may prefer to speak with someone else – respect their choice.
- **Reassure** them that you and others are there to be supportive and help them.
  - ✓ Staying alive is a good short-term goal!
- Believe, acknowledge, and **respect** them.
- Be honest about any safety concerns.
- Be courageous and take the first step to initiate the conversation as the need arises.
- **Be low key:** Aim for calmness.
- **When conflict arises:** Ask for help, if necessary – involve a health professional.

