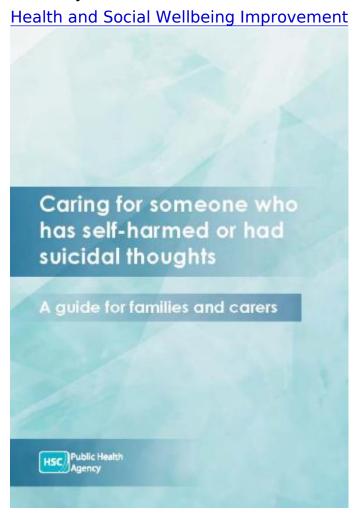
Thursday, 13 March 2025



This guide provides important information on how to take care of yourself and your family member following a suicide attempt/suicidal thoughts or self-harm and highlights resources to help you move forward.

The guide is divided into three parts:

- 1. What happens during a visit to the Emergency Department (new name for A&E), GP or GP out-of-hours (OOH) department.
- 2. What you need to know following your family member's discharge.
- 3. Moving forward after your family member returns home.

Contact details for relevant support organisations are also provided.

## **Details**

Format
A5, 16 pages, leaflet
Target group
Families affected by suicide, suicidal thoughts or self-harm

## **Downloads**

## **Attachment**

**Size** 

Caring for someone who has self-harmed 03.25.pdf 491.01 KB

## **Tags**

- Mental
- health self-harm
- self
- harm

**Print**