



# **Caring for someone who has self-harmed or had suicidal thoughts**

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.

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## Details

Format

A5, 16 pages, leaflet

Target group

Families affected by suicide, suicidal thoughts or self-harm

## Downloads

Attachment	Size
<a href="#">Caring for someone who has self-harmed 03.25.pdf</a>	491.01 KB

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