

YOU ARE NOT ALONE

Ongoing support

Long term strategies for your own self care

Mental health issues, the impact of trauma and the recovery journey can be life-long experiences, but there is hope.

When someone you care about has attempted suicide, you might experience difficult thoughts and moods in the early days of their recovery. You might not feel hopeful for a positive future as time passes. Hope is hard to maintain when you're exhausted and stressed, so self-care to reduce those things helps you find optimism.

- Remind yourself that self-care strategies are not selfish.
- When you are supporting someone who has attempted suicide, it can sometimes feel like there is no visible end point to the hard times, but you won't always be faced with crisis.
- Accepting the ups and downs of hope, hopelessness and hope again can enhance your wellbeing. Feelings pass, and your hope will return.
- The stress of caring for someone in this situation is real and it's okay to talk about it. Find people who allow you to discuss your thoughts and feelings honestly and without judgement. Connect with people who have had the same experience.
- Talk to your GP about finding a counsellor through the [better access to mental health care scheme](#). They can help you process trauma, especially if you witnessed a suicide attempt.
- Connect with community services for support.

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“We made a repertoire of strategies that could be employed either every day or every week. If you didn’t do well, you could identify which strategies you might do, like good nutrition, good exercise, sunshine, and outings. Good things you can create in your own life.”

A mother who cares for her adult daughter