

YOU ARE NOT ALONE

Repeated suicide attempts

Talking points after repeated attempts

Here are some suggestions for having difficult conversations with someone who has attempted suicide more than once:

- Reassure the person that you love and care for them, and don't want them to die.
- Ask what caused them to attempt suicide again.
- Have open, honest discussions with them. Tell them if you had noticed anything that had made you worry, like changes in their behaviour or mood. Ask if there is anything you can learn from this.
- Discuss what actions or supports might have made a difference, and if there was anything that might have helped avoid their attempt.
- Ensure you and mental health professionals are involved in any discussions and decisions about support options for the person you care about.
- Health professionals may develop a safety plan with the person you care about. A safety plan is a short document that outlines the triggers that can cause someone to feel distressed and the actions they should take to stay safe, reduce their distress, and avoid harming themselves. Safety plans include a list of activities that may help distract the person from their difficult thoughts, and the contact details of support people. Ask if they would share it with you. If they don't have one, suggest creating one. Find out how to develop a safety plan at [Beyond Now](#) on the Beyond Blue website.