

I recently attempted suicide. What now?

If you've recently attempted suicide, you might be feeling exhausted, overwhelmed, confused, or unsure what happens next. You might also feel relieved to still be here. All of these reactions are common. What matters most right now is your safety and getting the support you need.

If the attempt was very recent

Even if you feel okay, some effects (like from an overdose) can take time to show up. Please make sure you are medically safe.

You can:

- Go to your nearest emergency department
- Visit a Medicare urgent care centre
- Call your GP or local health service for advice

If you feel unwell, drowsy, confused, or unsafe, call **Triple Zero** (000).

Getting through the next little while

You don't have to figure everything out at once. Right now, the focus is just getting through the next few minutes, hours or day.

Stay safe

If things feel intense, focus on your immediate safety first. Move to a place where you feel a bit safer, put some distance between you and anything you could use to harm yourself, and stay around other people if you can, even if you're not talking to them.

Take small steps

Try to focus on basic self-care. This might look like getting enough sleep, eating something small, staying hydrated and moving your body gently. If the day feels too big, focus on the next 10–15 minutes. One small step is enough.

Tell someone how you're feeling

Talking with a friend, family member, or support service can help you feel less alone. You might say: 'I'm not okay right now. Can you stay with me?' or 'I don't need you to fix anything. I just don't want to be alone.' If you don't have someone to reach out to, you can speak with a trained crisis supporter from Lifeline, 13 YARN, or Suicide Call Back Service 24/7.

Stay connected to support

If you were given a discharge plan or follow-up appointment, try to keep those appointments. They're there to support you through this period. If you're not currently connected with a GP, psychologist, or mental health service, consider reaching out to one when you feel able.

What you might be feeling

After a suicide attempt, it's common to experience a mix of emotions.

You might feel:

- Overwhelmed, exhausted, or emotionally drained
- Ashamed, guilty, or embarrassed about what happened
- Relieved to still be here
- Confused or unsure what the attempt means
- Disappointed or conflicted about what happened
- Numb, flat, or disconnected from everything around you
- Worried about how others see you or what happens next

There's no single right way to feel. Whatever you're experiencing makes sense given what you've been through.

If you're feeling ashamed or guilty

These feelings often show up after an attempt and can make it harder to reach out for support. It might help to remind yourself: having a mental health crisis is not something to be ashamed of. You don't have to have everything figured out, or explain yourself to anyone before you're ready.

If you're feeling relieved

Relief is more common than people realise, and it doesn't mean anything is wrong with you. It might simply mean that a part of you wants to be here, and that's worth holding onto.

If you're feeling numb or disconnected

Sometimes after an intense experience, emotions shut down for a while. This is your mind's way of protecting you. It's okay to just get through the day without having to feel or process everything right now.

Help is available 24/7.

If you feel like you might act on suicidal thoughts or you're not able to keep yourself safe, it's important to get support straight away. You can:

- Call **Triple Zero (000)** if you or someone else are in immediate danger
- Connect with **Lifeline** (13 11 14), **13 YARN** (13 92 76) or **Suicide Call Back Service** (1300 659 467)
- Go to your nearest emergency department

If you're unsure what to do, calling a crisis support service can help you decide your next step. You don't need to wait until things feel unbearable.

You don't have to do this alone.

In **SANE Forums**, you might share what's been on your mind, ask how others have coped, or simply read and know you're not alone.

SANE's Better Off With You community hosts real stories from people who've experienced suicidal thoughts or attempts and found their way through.

SANE RecoveryClub is a free six-month online recovery program combining peer support, professional guidance and practical tools that's designed to complement clinical care.

SANE's Service Enquiry Line (1800 187 263) and **Webchat** (sane.org) can help you find the right mental health support for you. Available Mon–Fri, 10am–8pm AEST/AEDT.

Safety planning.

A safety plan is a personal, practical plan that helps you notice when things are getting harder and reminds you what can help you stay safe.

A safety plan might include:

- Early signs that things may be getting harder for you
- Things that help you feel steadier, such as grounding strategies, routines, or small actions that reduce distress
- People you can contact for support, including friends, family or carers
- Services to reach out to if you feel unsafe, such as mental health triage, crisis lines or emergency care

Safety plans work best when they are written in your own words, simple and realistic, and easy to access when you need them. They can change over time as your needs change.

If you don't already have a safety plan or would like to update one, you can use **SANE's My Safety Plan template in RecoveryClub**. Some people also find the **Beyond Now safety planning app** helpful, which allows you to create and update a safety plan on your phone or computer.

You don't have to have everything figured out before you start. Even a basic safety plan is a good place to begin.