OHIO SUICIDE PREVENTION FOUNDATION

Support for Suicide Attempt Survivors

You are not alone. Surviving a suicide attempt can bring a wide range of emotions, and there is no "right" way to feel. While it can feel isolating, many survivors go on to find deep hope and healing. A suicide attempt does not define who you are. With time, support, and treatment, recovery is possible.

What You May Be Feeling [1]

After a suicide attempt, any emotion you feel is valid. Many survivors experience a complex mix of feelings, sometimes all at once, and those feelings can change from day to day. Difficult moments do not erase your progress.

Common reactions may include:

- Relief to be alive
- Shame or embarrassment
- Guilt
- Fear of judgment
- Anger or anxiety
- Gratitude mixed with grief
- Confusion
- Feeling emotionally overwhelmed

What Can Help Right Now [2]

Recovery takes time, and you don't have to navigate it alone. While everyone's path looks different, these steps can support your healing and help protect your safety during recovery.

Stay Connected to Care Follow up with your provider or treatment team.	**Lean on Someone You Trust** Stay connected to supportive people.	**Create a Safety Plan** Know what steps to take if you're struggling.
Reduce Access to Lethal Means Create a safer environment during times of crisis.	**Connect with Peers** Find support from others with lived experience.	**Care for Yourself** Sleep, nutrition, and movement support recovery alongside treatment.

Everyday habits are gentle ways to support your nervous system. They are meant to complement, not replace, professional mental health care, prescribed medication, and crisis support.

Need Support? Reach Out Any Time

You do not have to be in active crisis or having suicidal thoughts to connect. Whether you are navigating heavy emotions, working through a tough recovery day, or just need to talk to someone who understands, free and confidential support is available 24/7.

Call, text, or chat 988 (chat.988lifeline.org) to connect with a trained, compassionate counselor at any time.

Support for Loved Ones: You and a support person can also call 988 together. A professional will help guide both of you toward the right care and resources.

If Thoughts of Suicide Return [3]

Recovery is not always linear. Suicidal thoughts can sometimes reappear during stress, transitions, or anniversaries. If thoughts return, it does not mean you have failed or that your healing isn't working. It is a signal from your brain that your distress level is high. Treat it as a reminder to reconnect with support, use your safety tools, and activate your care team.

If thoughts return:

- Use your safety plan and the coping strategies that have helped you before.
- Reach out early to someone you trust and let them know you are struggling.
- Contact your provider or treatment team.
- Remind yourself that difficult moments pass, and recovery is still possible.
- Get immediate support. Call or text 988 if you cannot keep yourself safe.

What You Deserve From Others [1]

After a suicide attempt, it is common to worry about how others will respond. You deserve support that honors your experience and recognizes your worth. You have the right to set boundaries around your story and your pace of healing.

You deserve:

- Compassion, not judgment: Your experience deserves understanding, never blame or shame.
- To be heard, not "fixed": You deserve a safe space to share your feelings and experiences at your own pace.
- Privacy and respect: Your story belongs to you, and you have the right to decide if, when, and how you share it.
- Support without shame: You deserve continuous care, connection, and encouragement throughout your recovery.

Your suicide attempt is one chapter of your story, not the end of it. Healing takes time, patience, and support, but recovery is possible.

References

1. Suicide Awareness Voices of Education. For Suicide Attempt Survivors. Find Help. https://www.save.org/find-help/for-suicide-attempt-survivors/

2. 988 Suicide & Crisis Lifeline. Attempt Survivors. https://988lifeline.org/help-yourself/attempt-survivors/

3. Psychology Today Staff. Surviving a Suicide Attempt. Psychology Today. https://www.psychologytoday.com/us/basics/suicide/surviving-a-suicide-attempt

ABOUT
OHIO SUICIDE PREVENTION FOUNDATION

Ohio Suicide Prevention Foundation (OSPF) educates, advocates for, and builds connections and support for individuals, families, and communities to prevent suicide.

OSPF
Ohio Suicide Prevention Foundation
OhioSPF.org

(614) 429-1528 / OhioSPF.org

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