

Supporting yourself as a responding staff member after a suicide threat or attempt

Supporting a colleague / friend or family member who has attempted or threatened suicide can be emotionally impactful and difficult to understand. Maintaining your own support and self-care is vital to take care of your own health and wellbeing ¹.

You may wish to consider counselling or other professional support:

- Arrange for an appointment with the [Employee Assistance Program](#): **1300 360 364** for coaching or counselling. Support for people leaders is also available.
- Arrange for an appointment with your Psychologist or visit your GP to obtain a mental health care plan.
- Call Lifeline on 13 11 14.
- Call Carers Australia on 1800 242 636.

Self-care strategies are important throughout this period to look after yourself emotionally and physically. Staying connected with your friends and family should also be a priority. [BeyondBlue](#) recommend the following strategies:

- Manage Stress
 - Take regular breaks
 - Set boundaries on what support you can provide
 - Ask other people for support
- Develop a support network for yourself:
 - Catch up regularly with friends, family members and significant others
- Make time for yourself
 - Look for ways to include activities you enjoy within your usual self-care routine
 - Stay in the moment – notice the times when you are enjoying things
- Consider your lifestyle
 - Eat a balanced and nutritious diet
 - Reduce consumption of alcohol and other drugs
 - Establish a good sleep pattern
 - Build relaxation into your routine: breathing exercises, meditation and yoga are some good examples of this

¹ <https://suicideline.org.au/concerned-about-someone/supporting-someone-after-a-suicide-attempt/>