After an Attempt: A Guide for Yourself after Treatment in the Emergency Department

After the Emergency Department Visit
After you have been treated for a suicide attempt in an ED, you will either be discharged or hospitalized. If you are discharged, the ED staff will provide you with a plan for follow-up care. If the ED staff believes you need immediate or long-term care you will be referred for inpatient hospitalization.

If You Don’t Want to Visit the Hospital
Individuals have the right to refuse treatment. However, if the ED staff believes that you are a danger to yourself or others, the staff will consider involuntary hospitalization for a limited amount of time. The laws regarding commitment vary by state (Minnesota 144.651 Health Care Bill of Rights).

Moving Forward and Coping with Suicidal Thoughts in the Future
Recovering from the negative thoughts and feelings is possible. There are various treatments available and that work. There are several things you can do after leaving the ED. A few of these include: create a safety plan, build a support system, build self-coping strategies, and understand your road to recovery. It is important to remember that recovery is possible.

Resources for Medical Providers, Family Members and Survivors:
American Foundation for Suicide Prevention:
Firearms and Suicide Prevention – American Foundation for Suicide Prevention
Survivor Outreach Program – American Foundation for Suicide Prevention
Book and Film Recommendations – American Foundation for Suicide Prevention

Sources:
• American Foundation for Suicide Prevention: https://afsp.org
• Substance Abuse and Mental Health Services Administration: https://www.samhsa.gov
• National Alliance on Mental Illness: https://www.nami.org/Press-Media/Press-Releases/2005/After-an-Attempt-NAMI-Publishes-Suicide-Prevention
• Minnesota Statutes/Healthcare Bill of Rights: https://www.revisor.mn.gov/statutes/cite/144.651
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