

# Six key steps before leaving hospital:

## Information for carers

Supporting someone following a suicide attempt can feel overwhelming. These six steps can help you prepare for when they leave hospital.

### 1 Request a care plan

Request a detailed care plan that outlines:

- Treatment plan and next steps.
- Contact details for emergency support if needed.

Ask if a safety plan is available (that indicates warning signs to look out for and what to do if something happens).

### 2 Ask about information for ongoing support

Ensure you have:

- Names and contact details for aftercare and community mental health services.
- Resources or helplines specific to suicide prevention and your situation.
- Peer support or carer networks that you can access.

See our fact sheet on *Navigating the Mental Health System in NSW* for more information.

### 3 Ensure you have a follow-up appointment

- Confirm a date and time for their next appointment with an aftercare service or mental health professional.
- Confirm details of how to access services between appointments if needed.

### 4 Ask questions

Clarify any concerns or confusion about:

- Medications if relevant (dosage, side effects, or interactions).
- Managing daily activities and routines.
- What to do in case of an emergency.

### 5 Remember to prioritise yourself

Take care of your own needs:

- Eat, drink, and rest where possible.
- Ask hospital staff about carer support services. See our fact sheet on *Navigating the Mental Health System in NSW* for more information.
- Recognise your own limits and seek help for yourself if needed. You can also access the *Minds Together* program for family, friends and carers supporting someone experiencing suicidal distress or following a suicide attempt.

### 6 Understand your rights as a carer

Under the NSW Carers (Recognition) Act 2010, carers have rights.

- Carers make a valuable contribution to the community.
- Carers' health and wellbeing are important.
- Carers are diverse and have individual needs within and beyond their caring role.
- Carers are partners in care.

For more information, you can:

- Visit the [Carers NSW website](#) for more details about the [NSW Carers Recognition Act](#) and your rights.
- Contact the Carer Gateway helpline (Monday to Friday) on 1800 422 737 for advice on your rights and entitlements.