

# Six key steps before leaving hospital:

## Information for carers in country SA

Supporting someone experiencing suicidal distress or following a suicide attempt can feel overwhelming. These six steps can help you prepare before leaving the 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 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

- Eat, drink, and rest where possible.
- Ask hospital staff about carer support services.
- Notice when you're feeling stretched and seek help for yourself if needed.
- 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

You have rights as a carer under national and South Australian laws. You have a right to:

- be treated with respect
- be considered a partner by other care providers
- privacy and confidentiality
- work and be supported by your employer
- make a complaint about a service
- appeal a decision.

For more information, contact the Carer Gateway helpline (Monday to Friday) on 1800 422 737 for practical advice and support.

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COUNTRY SA

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