

Six key steps before leaving hospital:

Information for carers in NSW

Supporting someone experiencing suicidal distress or 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.
- Notice when you're feeling stretched 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 national and New South Wales 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.

Source: [Carer Gateway](#)

For more information, you can:

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