

# AFTER AN ATTEMPT: HELPING FAMILIES AFTER A SUICIDE ATTEMPT



## MODULE ONE: NOW WHAT DO WE DO?

In Module One, family members will learn:

- The way a suicide attempt is also traumatic to family members;
- What are "normal and expected" family reactions after a suicide attempt;
- How trauma manifests itself in people of all ages, including young children;
- What to expect immediately after a suicide attempt.



## MODULE TWO: HOW CAN WE HELP YOU

After viewing Module Two, family members will know:

- How to talk comfortably with the attempt survivor about their suicidality and **HOW TO KEEP THEM ALIVE**;
- What a safety plan is and how to implement it;
- Other resources available for the attempt survivor to help them with their suicidal thoughts.



## MODULE THREE: THE ART OF LISTENING

Module Three is all about effective communication. Upon completion, family members will:

- Explore different communication techniques and roadblocks to communicating;
- Understand the importance of empathy and how to have empathy for the suicidal person;
- Learn Active Listening and Motivational Interviewing Skills;
- Be able to diffuse a situation before it turns into a crisis.

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**MODULE FOUR: INSIGHT INTO THE SUICIDAL MIND**

In Module Four, family members will gain understanding and knowledge about:

- Different theories as to why someone becomes suicidal;
- Characteristics common to suicidal people;
- The role and importance of ambivalence in suicidal people.



**MODULE FIVE: THE NECESSITY OF SELF-CARE**

Module Five is centered on self-care. After viewing this module, family members will learn:

- The characteristics and different aspects of stress;
- What compassion fatigue is and how to recognize it;
- Different techniques to cope with stress;
- The importance of and strategies for implementing self-care.



**MODULE SIX: LEARNING TO THRIVE**

This module is about developing a fulfilling post-suicidal life. Upon completion of Module Six, family members will:

- Recognize the seven learnable skills of resilience and explore tips for developing resilience;
- Learn what Post-Traumatic Growth is;
- Discover the different forms of advocacy and how to assess whether advocacy and sharing your story is right for you.

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**After an Attempt:**  
Helping Families and Friends After a  
Suicide Attempt

Workbook & Journal



You will also get a Workbook and Journal as part of this series. There are worksheets, resources, assessments, and even games for the entire family to utilize. Thorough and easy to use, this journal will cover everything discussed in each module to ensure comprehension and application in the family members every-day lives.

## TWO BONUS MODULES ARE ALSO INCLUDED:



**BONUS MODULE**  
**SUICIDE 101**



**BONUS MODULE**  
**EVIDENCE BASED PRACTICES**

Among the topics discussed in the two bonus modules are:

- Facts and statistics concerning suicide;
- Suicide and self-harm;
- Information about depression
- Therapeutic practices shown to be effective in treating suicidal people such as Collaborative Assessment and Management of Suicide (CAMS), Cognitive Behavioral Therapy for Suicide Prevention and others.



- Each module is broken into several lessons, so you don't need to view the whole module all at one time. Plus you can download the audio and listen to the lessons anywhere.
- There's a private Facebook Group so members can get to meet other people in similar situations and develop a virtual support system.
- Finally, semi-monthly conference calls are available for members who wish to ask questions or discuss sections of the modules.