

After Your Child's Suicide Attempt

A Guide for NAMI Volunteers & Group Leaders



After Your Child's Suicide Attempt is a free film with companion resources that can help NAMI volunteers support parents and caregivers.

NAMI volunteers and support group leaders work with parents whose children are going through a variety of mental health challenges. And yet, the aftermath of a young person's suicide ideation or attempt can raise unique and complex feelings and questions for caregivers.

After Your Child's Suicide Attempt is a one-hour film offering first-person and expert guidance, practical insights, and reassurance to parents navigating complex needs of their child after a suicide attempt. This film can be an important supplement to taking NAMI BASICS online and Family to Family classes but is *not* intended to be viewed by parents who have lost a child to suicide.

Viewers may watch the film in its entirety or in short chapters related to what is on their minds. Subtitles with translations are available in many languages.

Sharing the Film

- **Recommend this video:** It can serve as a supplement to other groups and NAMI supports. Several NAMI parents are featured in the film which provides answers to commonly asked questions.
- **Crisis phone calls:** This film can be recommended as a supplemental resource for parents when referring them to local crisis team or other community resources.



“I wish this film had been available to watch right after my son's first hospitalization. I share it with all the parents in our support group.”

— Alison P., MI
NAMI support group

- **Family to Family classes:** Show the film at the end of a class or as a standalone session, either online or by sharing select chapters. You can also show the trailer during class and, if there is interest, schedule a full group viewing.
- **One-on-one conversations:** Share the film directly with parents and explain why you're recommending it.

Key Points When Recommending the Video

- Different chapters are most useful at different stages following ideation or an attempt (e.g., crisis, hospitalization, returning home, or going back to school).
- In co-parenting situations, recommend that both parents watch the film and discuss it together or with their family therapist.
- Parents should watch the film before sharing it with siblings or others in the support system, recommend specific chapters as appropriate, and first check with the child about sharing information outside the home.
- If possible, connect parents with other local parents who have experienced a child's suicidal ideation or attempt and are not currently in crisis.
- When recommending the video, include a resource page with local NAMI support groups, Family-to-Family classes, community mental health contacts, and other relevant resources.
- List the video as a resource on your website to increase awareness.

Additional Resources

[Companion resources](#) can be found on the “Supporting Parents” section of the Zero Suicide website. Resources include crisis services, parent support groups, information on safety planning, and materials for sharing the film.

Access the film and other resources supporting parents and caregivers at:

▷ zerosuicide.edc.org/supporting-parents

