

# After Your Child's Suicide Attempt

## A Guide for When Your Child Returns to School



When your child is returning to school after a suicidal crisis, you may feel overwhelmed and unsure. But there is help, and there is hope.

[After Your Child's Suicide Attempt](#) is a free one-hour film that features parents and experts who have been through the experience of supporting a child after a suicide attempt. They answer commonly encountered questions on critical topics, like:

- Understanding your child and their suicidal episode
- Processing your own emotions and self-care
- Hospitalization and bringing your child home
- Safety planning and communication
- Your child's return to school

### Your Child's Return to School after a Crisis

Returning to school after a suicide attempt is an important step in your child reconnecting with daily life, including activities and social connections that they enjoy. The school can partner in your child's mental health recovery. Schedule a meeting with a trusted school administrator and counselor or mental health staff to discuss:

- Your child's safety plan and who should have access to it, including any needed adjustments or additions to the plan to fit the school environment
- What steps will be taken if your child mentions suicide while at school
- What school-based mental health supports are available to your child (e.g. weekly sessions with a school psychologists or social worker, periodic screenings, etc.)
- Signing consent forms for key school staff to talk to your child's outside therapists
- A list of current medications your child has been prescribed, their purpose, and potential side effects

- Any factors at school that may have contributed to your child’s suicide risk (e.g. schoolwork, bullying, etc.)
- Whether a ‘break pass plan’ would be appropriate, meaning a pass allowing your child to leave the classroom immediately, if needed
- What safe spaces are available for your child to go to during the school day if they need a space to decompress (e.g. BRIDGE, de-escalation, or sensory rooms)
- Identifying a point of contact or trusted adult at the school your child can go to with any issues throughout their re-entry journey
- How missed schoolwork will be handled and what accommodations will be made for school workloads moving forward (such as placement on an IEP, 504 plan, etc.)

## How the Film Can Help

Many parents appreciate hearing from peers like those in the video who have gone through similar experiences.

You can watch the entire film or short chapters related to what is on your mind. Chapter 10 (“After Hospitalization”) and Chapter 14 (“Back to School”) may be particularly helpful. We encourage you to revisit content regularly. The film includes subtitles with multilingual translations.



“Many parents and caregivers have needed this for a very, very long time.”

## 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 more. The resource database also includes tools and information that you may decide to share with your child’s school support team.

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

 [zerosuicide.edc.org/supporting-parents](https://zerosuicide.edc.org/supporting-parents)



*After Your Child’s Suicide Attempt* was created by Zero Suicide at EDC and [Parents-to-Parents](#) with support from the [Four Pines Fund](#).