

Creating Safe and Secure Spaces to Lower Suicide Risk

Before you read: This content talks about suicide prevention. Some linked sources may include sensitive topics. Our goal is to raise awareness, promote prevention and care for readers' well-being.

Creating safe spaces can help protect people who are at risk of suicide. Safety includes both the home environment and how people treat each other. These steps are especially important for someone returning home after a hospital stay.

Supporting Someone after They Return Home

Coming home after a suicide attempt can be a hard time. The main goal is to help the person feel safe, cared for, and not alone. You can help by:

Talking openly. Let them know they can share their feelings without fear or shame. Listen closely and with care.

Supporting follow-up care. Encourage therapy visits and proper use of medicines. Check in often about how they are doing.

Learning more. Understand warning signs and ways to help. Knowing what to watch for can guide your response.

Making Space for Open Talks

People heal better when they feel heard.

Listen without judgment. Do not interrupt or correct. Let them speak and show understanding.

Limit triggers. Avoid topics or media that may cause stress. Pay attention to what upsets them.

Encourage expression. Talking is helpful, but writing, art or music can also help release feelings.

Securing Harmful Items

Limiting access to dangerous items can save lives.

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After hospitalization, create a safe space for conversation by listening without judgment, avoiding sensitive topics and encouraging expression of feelings through talking, journaling or creative outlets.

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Lock up medicines. Store pills in a locked place. Give out doses as needed.

Secure firearms. Keep guns unloaded and locked. Store ammo in a separate locked space. If possible, remove firearms from the home.

Store sharp items safely. Lock away knives, razors and scissors.

Creating Emotional Safety

Feeling valued and respected lowers suicide risk.

Check in often. Ask how they feel and show steady care.

Use kind words. Praise progress, even small steps. Avoid harsh or critical talk.

Keep a routine. Help them plan simple daily activities like walks, hobbies and rest. Routine brings comfort.

Encouraging Professional Support

Professional care is important for long-term healing.

Talk therapy. Encourage regular therapy visits. Therapy helps with coping and emotion skills.

Support groups. Groups can help people feel understood and less alone.

Crisis help. Make sure emergency numbers are easy to find. Knowing where to turn can save a life.

If someone is in danger, call or text the Suicide and Crisis Lifeline at 988. Help is free, private and always available. Safety grows through care, planning and connection. Small actions can make a big difference.

Access more resources on this topic at afsp.org/after-an-attempt.

#StopSuicide

If someone is in crisis, encourage them to call the **Suicide and Crisis Lifeline** at 988 or 800-273-8255.

Help is free, private and available all day, every day.

Reviewed by Clinical Consultant, LMHC.

Call 911 if someone is in immediate danger or a life-threatening emergency requiring immediate physical intervention. If you or someone you know is struggling emotionally, feeling overwhelmed, anxious, hopeless, in crisis, or simply needs someone to talk to, call or text 988 for free, confidential support 24/7. The 988 Lifeline is available to anyone in the United States or U.S. territories. People do not have to be suicidal or in immediate danger to call or text 988. There is also a chat feature available on 988lifeline.org. Lucet members can contact us to connect with free resources and find care.