

After Your Child's Suicide Attempt Film Chapter Guide

The film *After Your Child's Suicide Attempt* offers practical support for parents and caregivers navigating their child's journey during and after a suicide crisis while also addressing their own needs.

We encourage you to watch the entire film when time and energy allow. If time is limited, our care team has provided recommendations for which chapters of the film may be most relevant to you and your child. We hope this film and the included resources aid in your child's journey to healing and wellness.

We appreciate the support of Parents to Parents and Zero Suicide at EDC in distributing this important resource.



Scan the QR code to access the film

Or type this url: michmed.org/mDVWN

This film may be emotionally impactful. Remember to prioritize self-care. Take breaks, utilize available support and practice self-compassion throughout the viewing experience.



If your child was seen in emergency services, we recommend starting with the **PURPLE** chapters.



If your child was seen on the inpatient unit or in the partial hospitalization program, we recommend starting with the **BLUE** chapters.



If your child was seen in outpatient services, we recommend starting with the **ORANGE** chapters.

Additional resources are available:

Scan the QR code (right) to view more resources related to each chapter topic.

Or type this url into your device: michmed.org/NYwXz



Flip this page over to view color-coded film chapter recommendations

-    **Chapter 1: Introduction (1m 40s)**
 Anyone can have thoughts of suicide. Film features real parents of children with suicide risk. Children shown are actors.
-    **Chapter 2: You are not alone (1m 39s)**
 Suicidal ideation can happen to anybody but most do not die by suicide and recovery is probable.
-    **Chapter 3: Your emotions (2m 14s)**
 Reflection on parental emotions and emotional demands on parent.
-    **Chapter 4: Understanding your child (2m 14s)**
 Child trying to harm themselves but also suffering. Emotions are related to the situation, not the child. Many factors can activate child's urge to end their life.
-   **Chapter 5: Don't blame (5m 4s)**
 Children may not share their feelings with parents. Parents can feel blame or be confused. Situation can trigger strong emotions about your value as a parent.
-    **Chapter 6: Understanding a suicidal episode (3m 40s)**
 Teen brain is still developing. Emotional vs cognitive brain. Impulsivity. Can feel chaotic to parents and youth.
-  **Chapter 7: Hospitalization and parental rights (2m 27s)**
 Parental rights. No consent required in emergency, incapacitation, immediate threat of harm. Types of consent. HIPAA.
-    **Chapter 8: Safety plan (7m 1s)**
 Review of components of safety plan including lethal means restriction.
-   **Chapter 9: Bringing your child home (2m 40s)**
 Using safety plan. Crisis numbers. Safekeeping the home environment.
-  **Chapter 10: After hospitalization (7m 57s)**
 Follow up logistics and key points. Learning about CBT, DBT. Importance of therapeutic relationship, support groups. Work with child to find right fit in care.
-    **Chapter 11: Establishing communication (5m 14s)**
 Attempt to learn and understand. Ok to apologize when you get it wrong. Use a safety scale. Check in often. Reflective listening. Meaningful time together.
-    **Chapter 12: Ask the question (5m 40s)**
 Checking in about suicide risk. How to listen and create more open dialogue.
-  **Chapter 13: Partners and siblings (2m 41s)**
 Getting parents on same page. Siblings (depending on age) can be incorporated into conversation/safety planning. Customize based on culture.
-  **Chapter 14: Back to school (4m 2s)**
 Engage child in addressing transition back to school. Importance of advocacy. Encourage functionality and positive social relationships. Monitor social media use.
-   **Chapter 15: Self care (3m 35s)**
 Parent education on mental health, self care, therapy—including family therapy, parent support groups and social support.
-   **Chapter 16: There is hope (1m 59s)**
 Inspiring quotes and having optimism about future progress.