



Conversing With Your Parents After A Suicide Attempt

Returning home from the hospital with your parents after your suicide attempt may feel confusing and overwhelming. It is normal to experience these feelings. This brochure offers guidance to help you navigate conversations with your parents.

1 Tell them what you need

Your parents may want to support you but not know how. Let your parents know clearly how you would like to be supported, while keeping safety in mind. For instance, you may say “When I’m upset, I just want someone to sit with me quietly.”

2 Plan what to say

Many youths find it uncomfortable to share their thoughts and feelings with their parents. Planning what you want to say and practising it beforehand can be helpful. You can also create a special signal to let your parent know when you are struggling. This could be texting a certain emoji, leaving a note in a certain place, or holding up a card.



3 Give yourself time

You may still be dealing with strong emotions or feel uncomfortable talking about your experience. It is okay to let your parents know if you are not ready to share your experience with them yet. For example, you could say “I’m not ready to talk about it yet, but I appreciate you being here.”



4 Share what helps you feel safe

Your parents may make short-term changes at home to keep you safe. These changes – like checking on you more often or not allowing you to lock your bedroom – can sometimes feel like a loss of privacy. If something feels overwhelming, suggest what they can do instead. For example, you could say “I feel uncomfortable when you come into my room without knocking. Can you knock before you come in, please?”



5 Talk about everyday things

It is okay to talk about ordinary, everyday things that are not related to your suicide attempt. Doing so does not mean you are ignoring what happened – it simply means you are still here and you are still yourself. For instance, you could say “Can we watch cartoons tonight and not talk about serious stuff?”

Keeping you safe

After a suicide attempt, you may notice some short-term changes at home. Sharp objects and medications may be stored away, and your parents may check in on you more often to make sure you are okay. These changes are not meant to punish you; they are there to help keep you safe while you heal.



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About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System's (NUHS) centres of excellence – Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC

Children's Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1
Contact +65 6772 5000

KTP-NUCMI

Location NUH Main Building, Zone E, Level 2
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry +65 6772 5736
Appointment Line +65 6908 2222
Email ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children's Cancer Centre

Location NUH Medical Centre, Zone B, Level 9
Operating Hours 8am – 5.30pm (Mon to Fri)
Appointment Line +65 6772 5030
Email cbccappt@nuhs.edu.sg

NUH Children's Urgent Care Clinic @ Bukit Panjang

Location Junction 10, #01-22
Operating Hours 9am – 11pm daily (including public holidays)
General Enquiry +65 6219 1538
Email childreucc@nuhs.edu.sg

NUH Child Development Unit @ JMC

Location Jurong Medical Centre, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6665 2530 / 2531
Email cdu@nuhs.edu.sg

NUH Child Development Unit @ Keat Hong

Location Keat Hong Community Club, #03-01
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6769 4537/4637
Email cdu@nuhs.edu.sg

Clinic A22 NUWoC Children's Clinic @ NTFGH

Location Ng Teng Fong General Hospital
Tower A – NTFGH Clinics, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6908 2222
Email appointment@nuhs.edu.sg

Our Patient Care Institutions

National University Hospital

Ng Teng Fong General Hospital &

Jurong Community Hospital

Alexandra Hospital

National University Polyclinics

Jurong Medical Centre

National University Cancer Institute, Singapore

National University Heart Centre, Singapore

National University Centre for Oral Health, Singapore

NUHS Diagnostics

NUHS Pharmacy



Scan the QR code for more information on our patient care institutions.



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OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

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