



Supporting Your Child After A Suicide Attempt



Returning home from the hospital with your child after their suicide attempt may feel overwhelming. It is normal to feel uncertain about what to say or to worry about saying the wrong thing. This brochure offers guidance to help you support your child through open, caring conversations as they begin to heal.

1 Reassure them

It is normal for children to experience a wide range of emotions after a suicide attempt. Some may feel angry or embarrassed, while others might feel guilty or afraid of being punished. Reassure your child that you love them and that they are not alone. For instance, you could say “I’m so grateful that you’re safe. We’ll get through this together.”

2 Be direct and clear

Many parents hesitate to ask their child about suicide, fearing it might introduce or reinforce the idea. In reality, speaking openly and using the word 'suicide' shows your child that it is safe to talk about difficult thoughts and feelings.

For example, you could say "I noticed you've been quieter and more withdrawn lately. Are you having thoughts of suicide again?"

3 Stay calm

Many children are reluctant to open up because they are afraid of upsetting their parents. When your child shares difficult feelings or suicidal thoughts, staying calm can help them feel safe and heard. Try to maintain a steady tone of voice, a neutral facial expression and a gentle demeanour. You could also say "That sounds really hard, and I'm glad that you told me."

Suggest simple activities you can do together – like drawing or listening to music. These shared moments can help take their mind off overwhelming thoughts and emotions.

4 Give them space and be available

Your child may still be processing their experience and might not fully understand or be ready to talk about why they attempted suicide. Let them know that you are here to listen and support them, even if they are not ready to share their experiences with you.

For example, you could say “You don’t have to say anything right now. I’m here to listen and support you whenever you’re ready to share.”

5 Involve them in decision-making

Finding the right balance between respecting your child’s need for personal space and ensuring their safety can be challenging. Involving your child in decisions about safety measures at home helps them feel respected.

For example, you may say “We need to make some changes to keep you safe. For now, this might mean keeping your door open or unlocked. Would it help if we agree on certain times when you can close your door?”

6 Talk about everyday things

After a serious event like suicide attempt, it is natural to feel unsure about how to talk to your child. You might worry that everyday conversations seem out of place – but they can actually be very helpful.

Talking about ordinary topics, like what to watch on TV or plans for the weekend, can offer your child a sense of stability and normalcy.

Keeping your child safe

After a suicide attempt, it is important to make the home environment safer by removing or securing potentially harmful items such as sharp objects or medications. Staying attentive to your child's mood and behaviour can help you notice signs of distress early and offer timely support. Explain these measures clearly and calmly to your child, so they understand that they are not being punished, and these changes are made out of care and concern for their well-being.



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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.



Scan QR code for more information on NUWoC facilities.

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

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