

Suicide is drastically increased, and is one of the first causes of death in almost all countries. People who have unsuccessful suicide may have physical and mental health problems which lead to repeated suicide if they could not maintain their good mental health. The purpose of this study was to investigate self-care behaviors regarding mental health among suicidal attempts. Purposive sampling was used to recruit sample, consisting of 81 suicidal attempts residing in municipal area of Nakhon Sawan Province. Data collection was conducted during March to April, 2002. The instrument was a questionnaire consisting of two parts: the demographic data and the Yuniphand' Mental Health Self-Care Scale based on Hill and Smith' s concept (1990). The reliability coefficient of the instrument, obtained by Cronbach' s alpha coefficients, was .89. Data were analyzed using descriptive statistics.

The results of this study revealed that:

1. The suicidal attempts have overall self-care behaviors regarding mental health at a moderate levels, and
2. The suicidal attempts reported each aspect of self-care behaviors regarding mental health, including the development of self-awareness, communication effectiveness, time management, problem solving strategies, the development of social support system, religious practice, and physical self-care at moderate levels.

The findings of this study, hence, indicate the significance of the governmental counseling service in order to promote higher self-care behaviors regarding mental health among suicidal attempts and suicidal risk group.