MYTHS AND FACTS ABOUT SUICIDE

Suicide Myth
People who talk about suicide are just trying to get attention.

Suicide Fact
People who commit suicide usually talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do and have lost hope. Always take talk about suicide seriously. Always.

Suicide Myth
People who talk about wanting to die by suicide do not try to kill themselves.

Suicide Fact
People who talk about wanting to die by suicide oftentimes kill themselves.

Suicide Myth
Suicide always occurs without any warning signs.

Suicide Fact
There are almost always warning signs.

Suicide Myth
Once people decide to die by suicide, there is nothing you can do to stop them.

Suicide Fact
Suicide can be prevented. Most people who are suicidal do not want to die; they just want to stop their pain.
Suicide Myth
People who attempt suicide and survive will not attempt suicide again.

Suicide Fact
People who attempt suicide and survive will oftentimes make additional attempts.

Suicide Myth
People who attempt suicide are crazy.

Suicide Fact
No, no, no. They are in pain, and probably have a chemical imbalance in their brain. Anyone could attempt suicide.

Suicide Myth
People who attempt suicide are weak.

Suicide Fact
No, no, no. They are in pain and probably have a chemical imbalance in their brain. Many people who are very "strong" die by suicide.

Suicide Myth
People who talk about suicide are trying to manipulate others.

Suicide Fact
No. People who talk about suicide are in pain and need help. And telling them that they "just want something" or "are trying to manipulate" is both insensitive and ignorant. People often talk about suicide before dying by suicide. Always take talk about suicide seriously. Always.
**Suicide Myth**

When people become suicidal, they will always be suicidal.

**Suicide Fact**

Most people are suicidal for a limited period of time. However, suicidal feelings can recur.

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**Suicide Myth**

People who are suicidal definitely want to die.

**Suicide Fact**

The vast majority of people who are suicidal do not want to die. They are in pain, and they want to stop the pain.

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**Suicide Myth**

You should never ask people who are suicidal person if they are thinking about suicide or if they have thought about a method, because just talking about it will give them the idea.

**Suicide Fact**

Asking people if they are thinking about suicide does not give them the idea for suicide. And it is important to talk about suicide with people who are suicidal because you will learn more about their mindset and intentions, and allow them to diffuse some of the tension that is causing their suicidal feelings.

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**Suicide Myth**

When people who are suicidal feel better, they are no longer suicidal.

**Suicide Fact**

Sometimes suicidal people feel better because they have decided to die by suicide, and may feel a sense of relief that the pain will soon be over.
Suicide Myth

Young people never think about suicide, they have their entire life ahead of them.

Suicide Fact

Suicide is the third leading cause of death for young people aged 15-24. Sometimes children under 10 die by suicide.

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Suicide Myth

There is little correlation between alcohol or drug abuse and suicide.

Suicide Fact

Oftentimes people who die by suicide are under the influence of alcohol or drugs.

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Suicide Myth

People who are suicidal do not seek help.

Suicide Fact

Many people who are suicidal reach out for help.

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Suicide Myth

Suicide only strikes people of a certain gender, race, financial status, age, etc.

Suicide Fact

Suicide can strike anyone.

Note: Please, refer the person who is vulnerable to suicide to counselor or mental health specialist. By reading and understanding suicide facts you yourself also can intervene to save a life of person in risk. In psychotherapy, there is only one condition under which confidentiality can be broken. It is when a person/client is in risk of harming oneself or others.

Source: http://www.wordworx.co.nz/youthhelp.html