

Myths About Suicide

- There are many widely believed myths about suicide. These myths can be dangerous and add tremendously to the misunderstandings and stigma surrounding suicide.



People who kill themselves do not warn others.

Fact: 8 out of 10 people who kill themselves give clues to their intentions.
Learning about the warning signs can help you better understand these clues.

Anyone thinking of suicide would write a suicide note.

Fact: Most people who die by suicide do not leave a note.

People who talk about suicide are only trying to get attention. They won't really do it.

Fact: Few people die by suicide without first letting someone else know how they feel. Those who are thinking about suicide often give clues and warnings as a cry for help.

Don't mention suicide to someone who's depressed or upset. It will plant the idea in their minds and they will act on it.

Fact: Many depressed people have already considered suicide as an option. It is often a great relief to someone thinking about suicide to know that you have noticed how much pain they are in. It is one of the most helpful things you can do.

There is a suicidal type.

Fact: There is no suicidal type; anyone from any background, religion, educational level, socioeconomic status, or ethnic/racial group can commit suicide.

Suicidal people want to die.

Fact: Suicide is not about death – it is about stopping the unbearable psychological pain. Most individuals in a suicidal state have mixed feelings about living and dying.

Those who have attempted and failed and will not try again.

Fact: This myth is particularly dangerous since a previous suicide attempt is a leading risk factor for completing suicide.

Once suicidal, always suicidal.

Fact: Periods of crisis are often short lived. Individuals can go through time periods of feeling suicidal but it is rarely a constant long period of time.

You have to be a mental health professional to help a suicidal individual.

Fact: Any person can help a suicidal person by listening and by providing emotional support