

DISPEL THE MYTHS

People who talk about suicide won't really follow through

- **FALSE**-Almost everyone who attempts or dies by suicide has given some clue or warning. Do not ignore any suicide threats. Any statements such as “I can’t see my way out” or “you’ll be sorry when I’m dead”, no matter how casually or jokingly said may indicate serious suicidal feelings.

Anyone who tries to kill him/herself must be crazy

- **FALSE**-Most people who have suicidal thoughts or feelings are not psychotic or insane. They may be feeling upset, grief stricken, despairing or depressed, but extreme distress and emotional pain are not necessarily signs of mental illness.

If a person is determined to kill him/herself, nothing is going to stop them

- **FALSE**-Even the most severely depressed person has mixed feelings about death, wavering until the very last moment between wanting to live and wanting to die. Most people contemplating suicide do not want death; they want their pain to stop. The impulse to end it all, however overpowering, does not last forever.

People who die by suicide are unwilling to seek help

- **FALSE**-Studies of those who have died by suicide have shown that more than 50% had sought medical help in the six months prior to their deaths.

Talking about suicide may give someone the idea

- **FALSE**-You will not give a suicidal person morbid ideas by talking about suicide. Actually the opposite is true-bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.