



SUICIDE MYTHS & FACTS

*People who talk about suicide don't commit suicide.

Fact: Of any 10 people who kill themselves, 8 have given definite warning signs of their suicidal intentions.

*Suicide happens without warning.

Fact: The suicidal person frequently gives many clues and warnings regarding the suicidal intentions.

*Suicidal people are fully intent on dying.

Fact: Most suicidal people are undecided about living or dying, and they "gamble with death" hoping someone will save them.

*Once a person is suicidal, he/she is suicidal forever.

Fact: Individuals who wish to kill themselves are "suicidal" for only a limited period of time.

Fact: *Improvement following extreme depression or a suicidal crisis means that the suicidal risk is over.

Fact: *Most suicides occur within about 3 months following the beginning of improvement, when the individual has sufficient energy to put into action their thoughts and feelings regarding suicide.

*Talking about suicide increases the possibility of it happening.

Fact: Talking about thoughts of suicide (even initiating the topic and asking questions), feelings of extreme depression and so on actually decreases the possibility.

*Suicide is inherited or "runs in the family."

Fact: Suicide does not run in families. It is an individual pattern.

*Suicide occurs mostly among those considered poor.

Fact: Suicide is very democratic and is represented proportionately among all levels of society.