



MYTHS and FACTS on SUICIDE

Part of understanding suicide is to understand it better. Let's work to demystify the myths and help open the conversation, remove the stigma, and hopefully help relieve some fear and anxiety surrounding suicide.

Myth: Suicide only affects individuals with mental health conditions.

Fact: Many individuals with mental health conditions are not suicidal. Additionally, not all people who attempt suicide have a mental health condition. Significant life stressors can be associated with suicidal thoughts or attempts.

Myth: Once an individual is suicidal, he or she will always be suicidal.

Fact: Suicidal thoughts are often short-term and specific to a certain stressor. The act of suicide is often an attempt to control painful emotions and thoughts a person is experiencing. Once these thoughts decrease or are resolved, the suicidal ideation will often go away. Even if an individual does have suicidal thoughts that are reoccurring, with appropriate crisis resources the person can live a long successful life.

Myth: People who die by suicide are selfish and are taking an easy way out.

Fact: People who die by suicide generally do because they see no other reasonable solution to deal with their suffering. Individuals who attempt suicide or are having suicidal ideations often feel helpless and hopeless. These feelings do not come about by choice.

Myth: Talking about suicide can cause suicide or encourage suicide.

Fact: The stigma surrounding suicide can be attributed to this myth. There is something called suicide contagion, but this is not the same as intervening and asking someone if they are suicidal. If you have concerns about someone who may be suicidal, asking that individual will help them to talk about it.

