

# MYTH BUSTERS

There are many **myths** about **suicide**. These are some of the most common ones and their corresponding **fact**.<sup>14</sup>

## MYTH

**People who talk about suicide are doing it for attention.**

**Talking about suicide cause a person to have suicidal thoughts or increase the chances they will act upon their thoughts.**

**If someone really wants to kill themselves there is nothing anyone can do to stop them.**

**Barriers to bridges, safe firearm storage and other actions to reduce access to lethal methods of suicide don't work.**

**People that self-harm or have self-injurious behavior are always suicidal.**

**Suicide always occurs without warning.**

**Suicidal people want to die.**

## FACT

**People who die by suicide have often told someone about their suicidal thoughts.**

**Talking about suicide may reduce a person's suicidal ideation and can increase the likelihood that the person would seek treatment.**

**Suicides can be prevented and people can be helped.**

**Separating someone from lethal means could provide time to think. 40% of attempters take action within 5 minutes of deciding to attempt.<sup>15</sup>**

**Self-harm isn't the same as attempting suicide. Oftentimes, self-harm is considered nonsuicidal self-injury (NSSI).**

**There are almost always warning signs.**

**Suicidal people want the pain to stop and see it as the only option.**