

MYTH BUSTERS

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

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.¹⁵

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.