

Suicide Myths

- People who discuss suicide will not commit suicide
- Suicide occurs without warning – “out of the blue”
- Only a person from a certain socioeconomic status and ethnic background commits suicide
- The motives for suicide are easily established
- Everyone who commits suicide is depressed
- You have to be crazy to commit suicide
- Suicide is inherited
- Improvement in emotional state following a suicidal crisis means a lessened risk of suicide
- Thinking about suicide is rare
- Asking a person about suicide, especially a depressed person, will push him/her to die by suicide
- When someone talks to you about suicide, change the subject and try to get their mind off it
- People who attempt suicide by a low-lethal means are not serious about killing themselves
- People who threaten suicide are only looking for attention
- If someone really wants to suicide, there’s nothing you can do about it
- People who talk about suicide are unwilling to seek help
- People who really want to die will find a way so it won’t help to try to stop them
- Suicidal people clearly want to die
- Suicide occurs at great numbers around Christmas and Thanksgiving
- Most people who attempt suicide once can be expected to make multiple attempts
- Once a person attempts suicide, the pain and shame will keep them from trying again
- Most people who kill themselves usually have made multiple previous non-lethal attempts
- Suicide is to be expected in cases of severe hardship