

Suicide Prevention Myths vs. Facts

Myth

Asking about suicide will cause someone to kill themselves.



Fact

Talking to someone about your concern in a **nonjudgmental** way is actually suggested. Connecting with someone you notice is struggling may **save a life**.

There is **no way to tell** someone is thinking about suicide.



There are most **often signs** that someone is struggling and, potentially, considering suicide. These signs tell us that we need to connect with that person and **offer them support**.

Suicide rates are the highest during **winter** and the **holidays**.



In truth, the suicide rates are the highest during the **spring** and peak again in the **fall**.

People who **talk about** killing themselves or who **threaten** to kill themselves don't actually do it.



Talking about suicide or **threatening** suicide are both **warning signs** for suicide. Both tell us that a person is struggling and that they **need support**.

Suicide does not affect **youth**, OR, that youth are the **highest risk** group for suicide.



Youth are at **increased risk** for suicide. Currently, it is the 2nd leading cause of death for 15-24 year olds in the U.S., that said, they are not one of the highest risk age groups. Rates for both men and women **peak around 45-54 years old** and men increase again starting around 65-74 and continue to rise.

If someone is **determined** to kill themselves there's **nothing anyone can do**.



Most people who consider suicide are **ambivalent about dying**, their goal is to **end the feelings they are experiencing**. Most suicidal crises are short lived and, given the opportunity, people struggling can get the **support they need** to continue with their life.