



# COMMON MISCONCEPTIONS ABOUT SUICIDE

## **THEY REALLY WON'T DO IT.**

Most people who attempt suicide have given some clue or warning. Don't ignore direct or indirect references to death or suicide.

## **IF YOU TRY TO KILL YOURSELF, YOU MUST BE CRAZY.**

Most suicidal people are not crazy or insane. They may just be going through a really rough patch in life and not able to cope.

## **NOTHING IS GOING TO STOP THEM IF THEY WANT TO KILL THEMSELVES.**

Most suicidal people do not want death, they just want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

## **PEOPLE WHO ARE UNWILLING TO SEEK HELP DIE FROM SUICIDE.**

Studies have shown that suicide victims have sought medical help prior to their deaths.

## **IF I TALK ABOUT SUICIDE IT MAY GIVE THEM THE IDEA TO DO IT.**

Bringing up the subject of suicide and discussing it openly with them is one of the most helpful things you can do.



**Abundant Health**

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