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.