

Myths About Suicide

- **People who talk about suicide are unlikely to do it (False):** Talking about suicide can be a plea for help and a sign of a future attempt.
- **Suicides are impulsive (False):** The majority of suicides are not impulsive acts. There are often many clues or warnings.
- **Suicidal people really want to die and nothing will stop them (False):** Most suicidal people don't know whether they really want to die. Most just want their pain to stop.
- **Once a person is suicidal, that person is suicidal forever (False):** Suicidal crises are usually short-term. With help, a suicidal person might never be suicidal again.
- **When people seem happy after a period of depression they are no longer in danger (False):** Many suicides have occurred when people appeared to be getting better. This is especially so if they have not been receiving professional care.
- **Rich people are more likely to die by suicide than the poor (False):** Suicide is represented almost equally among all levels of society.
- **Suicidal people are always mentally ill (False):** Suicidal people may be very sad, but they are not necessarily mentally ill.
- **If there is no note, it cannot be suicide (False):** Many suicides occur without a suicide note.



QuickFact

- On average, one person kills him- or herself every 12 minutes.
- Suicide ranks as the 10th cause of death in the U.S., but as the second highest cause of death among teenagers.