Myths About Suicide

**Myth:** There is nothing that can be done if someone wants to take their own life.
Fact: Suicide is preventable. People who consider suicide don’t necessarily want to die but do want their pain to stop. Getting the person into treatment is the best way to help them.

**Myth:** People who consider suicide are crazy.
Fact: Most people who attempt suicide have a medical condition or chemical imbalance that puts them at risk for suicide. It can result from prolonged or intense stress. It can result from health conditions like depression, heart disease, or diabetes. It can be a side effect from medications. It can be from changing hormone levels. It can be from alcohol or drug use.

**Myth:** Talking about suicide will encourage people to do it.
Fact: Research has shown that asking someone in crisis about their intentions and plans does not encourage them to do it. It is important to take any talk about wanting to die seriously. Don’t joke about it. Don’t dare them to do it.

**Myth:** People who attempt suicide are of weak character.
Fact: Thinking about, planning for, or attempting suicide has nothing to do with one’s character. Good people can experience depression and suicidal thoughts.

**Myth:** People who talk about wanting to die won’t really do it.
Fact: Talking about wanting to die, not having a reason to live, and being a burden to others are warning signs for suicide. It should be taken seriously.

**Myth:** People who are suicidal will always be suicidal.
Fact: People who get treatment may never become suicidal ever again. In the short-term, people who do attempt suicide may try repeated attempts. Follow-up care is very important for someone who has attempted suicide.

**Myth:** Young people are the ones who usually take their own lives.
Fact: Suicide rates are much higher for adults than for youths. The suicide rate is highest for adult men. Their deaths do impact young people. Counseling can often help a family who has experienced a loss due to suicide.

If you or someone you know needs to talk to someone about suicide, call the National Suicide Lifeline 1-800-273-8255. The Lifeline provides free, confident support 24/7.

Suicide is very much preventable. For more information, go to HelpHimStay.org.