

Suicide:

Common Misconceptions



“People who talk about suicide won’t really do it, they just want attention.”

Fact: According to research, roughly 80% of people who died of suicide do or say something as an indicator or warning sign of what his or her intentions are. Never ignore suicide threats. Statements like “you’ll be sorry when I’m dead,” “I can’t see any way out,” — no matter how casually or jokingly said may indicate serious suicidal feelings.

“Anyone who tried to kill him/herself must be crazy.”

Fact: People are not “crazy.” They might have a psychiatric disorder, but they are real medical diseases that require assessment, treatment and monitoring to prevent a tragedy.

“If a person is determined to kill him/herself, nothing is going to stop him/her.”

Fact: Even the most severely depressed person has mixed feelings about death, wavering until the very last moment between wanting to live and wanting to die. Most suicidal people do not want death; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

“People who have died by suicide are people who were unwilling to seek help.”

Fact: Studies of suicide victims have shown that more than half had sought medical help within six months before their deaths. Many try to get the help they need, but sometimes it isn’t enough, the right help and other times their illness makes them fail to follow-through with their treatment plans.

“Talking about suicide may encourage the idea.”

Fact: You do not give a suicidal person morbid ideas by talking about suicide. The opposite is true. By bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do and has been proven to be a protective factor for preventing suicide.

“If a person is suicidal, his situation was probably so bad that death was the only option.”

Fact: The perceptions of depressed individuals are often more severe than the actual event; many individuals who do not carry on with the act manage through similar events. Death is never the only option.