



Suicide Facts and Myths

- **Myth #1: Talking about suicide may give someone the idea.** Talking about suicide does not create or increase risk. The best way to identify the intention of suicide is to ask directly. Open talk and genuine concern is a source of release, and one of the key elements in preventing the immediate risk of suicide.
- **Myth #2: A person who attempts suicide is only looking for attention.** For some, these behaviors are serious invitations to others to help them live. If help is not available, they may feel it will never come. Ignoring suicidal thoughts or actions can be dangerous. Help with problems and help in finding others to show need is more likely to be effective in reducing suicidal behaviors.
- **Myth #3: Those who attempted suicide in the past won't try it again.** 4 out of 5 people who have died by suicide have made at least one previous attempt.
- **Myth #4: Most suicides are caused by one sudden traumatic event.** A sudden traumatic event may hasten a decision to suicide, but most often many feelings and events have occurred for a long time.
- **Myth #5: A suicidal person clearly wants to die.** What they want most often is a way to handle circumstances in their life that are difficult and impossible to bear. Escape from the pain of these events may be their intention. They may not actually want to carry through with suicide, but instead, desire to avoid life in its present form.
- **Myth #6: Suicide is generally carried out without warning.** 30% of suicides have been preceded with warning signs.
- **Myth #7: Males have the highest rate of suicidal behavior in North America.** Males die by suicide approximately 4 times more often than females, yet females attempt suicide approximately 4 times more often than males. Therefore, females have the highest RATE of suicidal behavior.

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