

Common Myths about Suicide:

Myth: Talking about suicide increases the chance a person will act on it.

Fact: According to the Mayo Clinic, talking about suicide may reduce, rather than increase, suicidal ideation. Having a conversation about suicide helps people find an alternative view of their existing circumstances. If someone is in a mental health crisis or depressed, asking if he or she is thinking about suicide can help.

Myth: People who talk about suicide are just seeking attention.

Fact: Dr. Kristen Fuller, M.D. states that the widespread stigma is associated with suicide and as a result, many people are afraid to speak about the topic. Talking about suicide helps reduce the stigma, but also allows individuals to seek the appropriate treatment.

Myth: Suicide can't be prevented.

Fact : Most people who completed or attempted suicide don't want to die, but want an end to their pain. A suicidal crisis is temporary, and the impulse to end one's life does not last indefinitely. Intervention with someone who is expressing thoughts of ending their own life can make a difference and can help them get past the crisis. The importance of having open conversations and combating the stigma of mental health is critical.

Myth: Endorsing suicide thoughts immediately warrants intensive hospitalization.

Fact: CDC states that first steps include treatment that takes place in a one-on-one or group format between patients, family members, and clinicians. It can vary in duration from several weeks to ongoing therapy, as needed. When a person is in crisis, crisis response interventions are intended to reduce key risk factors for suicide. This includes feelings of depression, isolation, and hopelessness while determining the best level of care.

DHS: Department of Human Services (2023). *Suicide Prevention*.

Fuller, K. (2020, September 30). *5 Common Myths About Suicide Debunked*. NAMI: National Alliance on Mental Illness

National Center for Injury Prevention and Control/Division of Injury Prevention and the Prevention Institute (2022) *Suicide Prevention Resource for Action*. Centers for Disease Control and Prevention

Pravesh Sharma, M. D. (2022, December 8). *8 common myths about suicide*. Mayo Clinic Health System.

