

A look at **SUICIDE**

myths: *facts:*^{1,2,3}



Most suicides happen without warning.



Most people who die by suicide show one or more warning signs ahead of time. By learning warning signs, you could help prevent suicide by connecting someone to help and support.”someone.



Once someone feels suicidal, they will always feel that way.



With support and treatment, many people who have suicidal thoughts are able to eventually feel better and live fulfilling lives.



Asking if someone’s experiencing thoughts of suicide may put the idea in their mind.



Asking someone if they’re having thoughts of suicide won’t increase their risk and can lead to an open, supportive conversation.



Someone who has suicidal thoughts really wants to die.



Many people who have suicidal thoughts don’t really want to die; they want relief from emotional pain and need help and support to make it through tough times.



Only people who have a mental illness consider suicide.



Not everyone with suicidal thoughts has a diagnosed mental health disorder. Life stressors and distress are other factors that can contribute to thoughts of suicide.

We’re here for you 24/7. Call or visit us online for more information and resources. Reach out to 988 if you’re experiencing a mental health or suicide crisis.

¹ Risk factors, protective factors, and warning signs. Available at: Afsp.org. Accessed May 2025.

² Fuller, Kristen. 5 common myths about suicide debunked. Available at: Nami.org. September 2020. Accessed May 2025.

³ Teens and suicide: what parents should know. Available at: Afsp.org. Accessed May 2025.