

## Suicide MYTHS and FACTS

**MYTH** People who talk about suicide are just trying to get attention.

**FACT** People who complete suicide usually talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do and have lost hope. Always take talk about suicide seriously.

**MYTH** People who are suicidal definitely want to die.

**FACT** The vast majority of people who are suicidal do not want to die. They are in pain, and they want to stop the pain.

**MYTH** Once people decide to die by suicide, there is nothing you can do to stop them

**FACT** Suicide can be prevented. Most people who are suicidal do not want to die; they just want to stop their pain.

**MYTH** Suicide only strikes people of a certain gender, race, financial status, age, etc.

**FACT** Suicide can strike anyone at any time in their lives.

**MYTH** You should never ask people who are suicidal if they are thinking about suicide or if they have thought about a method, because just talking about it will give them the idea.

**FACT** Asking people if they are thinking about suicide does not give them the idea for suicide. It is important to talk about suicide with people who are suicidal because you will learn more about their mindset and intentions,

**MYTH** and allow them to diffuse some of the tension that is causing their suicidal feelings.

**FACT** Young people never think about suicide, they have their entire life ahead of them.

**MYTH** Suicide is the third leading cause of death for young people aged 15-24.

**FACT** Males are more likely to be suicidal. Males COMPLETE suicide more often than females. However, females ATTEMPT suicide three times more often than men. Perhaps the reason fewer females complete is that they tend to choose less immediate and more reversible methods than males.



If you are concerned about a loved one or friend contact us through our website at [www.lighthouseireland.org](http://www.lighthouseireland.org)

Lighthouse: 028 9075 5070

Lifeline Helpline: 0808 808 8000