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

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

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

Lighthouse: 028 9075 5070
Lifeline Helpline: 0808 808 8000