

# Suicide: Myths and facts



There are many misunderstandings around suicide. In the statements below, see if you can tell the myths from the facts.

1. People who try to kill themselves often feel hopeless. Myth or fact?	<b>Fact.</b> Most people who attempt suicide are in great pain from depression, grief and/or feelings of complete hopelessness.
2. Anyone who talks openly about suicide isn't serious about it. Myth or fact?	<b>Myth.</b> Many people who are suicidal give warning signs. Never ignore someone who talks — or even “jokes” — about dying or not wanting to be alive anymore. <sup>1</sup>
3. People who take their own lives often seek help first. Myth or fact?	<b>Fact.</b> Over 50 percent of people who take their own lives have tried to get help in the six months prior to their deaths. <sup>1</sup>
4. Teens are more likely than older adults to attempt suicide. Myth or fact?	<b>Myth.</b> Teenagers are at great risk, but older adults are the most likely age group to take their own lives. <sup>2</sup>
5. You shouldn't be afraid to ask someone who's depressed if they're thinking of killing themselves. You're not going to give them the idea if they aren't already considering it. Myth or fact?	<b>Fact.</b> Many people hesitate to talk about suicide. But one of the best things you can do — for someone you know is depressed — is ask if he or she is thinking of suicide. This can get emotions out in the open and, perhaps, provide a chance for help before it's too late. <sup>1</sup>

If you or someone you know is thinking about suicide, you can get help 24/7 by calling the National Suicide hotline at **1-800-273-8255**.

<sup>1</sup>Suicide prevention: How to Help Someone who is Suicidal and Save a Life. Helpline.org. Accessed August 2019.

<sup>2</sup>Older adults at greatest risk for suicide. Forbes.com. Accessed August 2019.

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

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