

A look at **SUICIDE**

myths:¹ facts:¹



1 Most suicides happen suddenly and without warning.

2 Once someone feels suicidal, he or she will always feel that way.

3 Asking if someone's suicidal may plant the idea in their minds.

4 Someone who is suicidal really wants to die.

5 Only people who are mentally ill consider suicide.

1 Many people who consider suicide show symptoms ahead of time. You can help by learning those signs.²

2 When someone is suicidal, it's often because of a specific situation. With support and intervention, they can move on and live long lives.

3 You won't give someone the idea of attempting suicide if they're not already thinking about it. But talking openly can remove the stigma and even help prevent suicide.

4 Many people who are suicidal don't really want to die. But they need help and support to make it through tough times.

5 Someone who is suicidal may be deeply unhappy but they're not necessarily mentally ill.



¹Preventing suicide: A global imperative. Accessed August 2018.

²Mental health.gov/ Let's talk about it. Accessed August 2018.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is believed to be accurate as of the production date; however, it is subject to change. Information is not a substitute for diagnosis or treatment by a professional and is not meant to replace the advice of a professional. Please note that there may be many other explanations for any or all of the above delineated behaviors. This information is not intended to be an exhaustive list of all signs concerning warning sign of suicide and should not be used as a stand-alone instrument. Contact a professional with any questions or concerns about specific health care needs.