

# Saving Lives in the Tri-State

Myths and Facts about Suicide: Part 2 of a Series

In part one of our four-part series we outlined the facts related to suicide and identified that suicide does not know race, income or gender. Suicide can affect anyone of us and our family. Seeking appropriate mental health and/or addiction treatment should be taken seriously to save an individual's life.

In this part of our series we will uncover some common myths and facts related to suicide. Our goal to provide you with a better understand about suicide so that, if needed, you can help spread the right message about suicide prevention to others.

## Common Myths and Facts about Suicide:

- **Myth** No one can stop a suicide, it is inevitable.
- **Fact** If people in a crisis get the help they need, they will probably never be suicidal again.
  
- **Myth** Confronting a person about suicide will only make them angry and increase the risk of suicide.
- **Fact** Asking someone directly about suicidal intent lowers anxiety, opens up communication and lowers the risk of impulsive act.
  
- **Myth** Only experts can prevent suicide.
- **Fact** Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.
  
- **Myth** Suicidal people keep their plans to themselves.
- **Fact** Most suicidal people communicate their intent sometime during the week preceding their attempt.
  
- **Myth** Those who talk about suicide don't do it.
- **Fact** Those who talk about suicide may try, or even complete, an act of self-destruction.
  
- **Myth** Once a person decides to complete suicide, there is nothing anyone can do to stop them.
- **Fact** Suicide is the most preventable kind of death, and almost any positive action may save a life.

We hope these facts give you an understanding that mental illness and suicide are serious issues and motivate you to learn more about suicide prevention.

In two coming reports, we will teach you ways to recognize warning signs of suicide and then give you ways you can save a life through QPR by questioning, persuading, and referring people for help.

If you or someone you know is in need of medical treatment for a mental illness or are having suicidal thoughts, please call our 24 hour emergency/suicide hotline at 812.423.7791.

If you know of an organization interested in saving lives from suicide, we offer a free one-hour course on QPR. Classes can be arranged by calling Rebecca R. Glines, Director, Communications at 812.436.4221.