

# Myths and Facts about Suicide



*Youth who talk about suicide do not actually make attempts.*

**Studies indicate that in eight of ten suicides which occur, they have been preceded by clear, definite warnings.**

*Suicide is an impulsive action that happens without warning.*

**Suicidal individuals often give numerous clues regarding their intentions.**

# Myths and Facts about Suicide



*If you ask a youth about her suicidal intentions, you will encourage her to kill herself.*

**Asking directly about the suicidal intent may act as a deterrent.**

*Once a youth is suicidal, she will always be suicidal.*

**The suicidal crisis usually lasts for a limited time period given the proper interventions and support.**

*Children never commit suicide.*

**Suicide is the eighth leading cause of death among children ages 5-14.**

# Myths and Facts about Suicide



*Depression in children is quite rare, but is similar to depression in adults.*

**Children frequently experience depression, but it is often masked in other behaviors.**

*Suicidal youth are mentally ill.*

**Youth who attempt or complete suicide are often reacting to intense stressors and emotions that are not necessarily indicative of mental illness.**

*Suicide attempts are seldom repeated.*

**Once an individual attempts suicide, the chances increase that another attempt will follow if no intervention occurs.**

# Myths and Facts about Suicide



*Suicide is inherited.*

**Suicidal behavior is not genetically transmitted but if family history exists, youth may view it as an option.**

*Improvement in a suicidal youth's mood means the danger is over.*

**“Improvement” may indicate a sense of relief in having found a solution. Many suicides occur within a three-month period that follows the onset of improvement.**

*Nothing can be done about suicide.*

**Many youth are alive today because of suicide/crisis intervention.**