

## Myths about Suicide

**MYTH**  
Suicides happen  
without warning

**FACT**

Most teens who attempt or die by suicide have communicated their distress or plans to at least one other person. These communications are not always direct, so it is important to know some of the key warning signs of suicide.

Find out more:  
[www.suicidology.org](http://www.suicidology.org)



## Myths about Suicide

**MYTH**  
Suicidal teens  
overreact to life  
events

**FACT**

Problems that may not seem like a big deal to one person, particularly adults, may be causing a great deal of distress for the suicidal teen. We have to remember that perceived crises are just as concerning and predictive of suicidal behavior as actual crises.

Find out more:  
[www.suicidology.org](http://www.suicidology.org)  
[www.preventyouthsuicide.org](http://www.preventyouthsuicide.org)



## Myths about Suicide

### MYTH

Talking to teens about suicide makes them likely to kill themselves

### FACT

Talking about suicide with teens gives them an opportunity to express thoughts and feelings about something they may have been keeping secret. Research clearly demonstrates there are no iatrogenic effects of asking teens about suicide (Gould et al., 2005). In fact, discussion brings it into the open and allows an opportunity for intervention. Therefore, youth who come forward to caring adults following a presentation on suicide is most likely the result of providing that youth, who was already suicidal, the freedom to confide their pain to others. Only then, will the healing begin.

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# Myths about Suicide

## MYTH

Only white males die by suicide

## FACT

While some demographic factors contribute to higher risk for suicide, it is important to remember that suicide does not discriminate. Individuals of all genders, races, ethnicities, upbringings, and socio-economic statuses kill themselves. Pay attention to what the person says and does, not what he/she looks like or how you believe that person should think, feel, or act.

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