

Common Misconceptions of Suicide



MISCONCEPTIONS

Suicide is a selfish act

Many people believe that those who die by suicide are selfish because they leave behind grieving loved ones. In reality, suicide is often a result of overwhelming emotional pain, and individuals who die by suicide may not be in a state of mind to consider the impact on others.

Suicide can't be prevented

Suicide is preventable, and interventions can be effective. It's essential to provide support and resources to those in crisis and to seek professional help when needed.

Talking about suicide may encourage the idea

Some people fear that discussing suicide openly will give someone the idea or permission to act on it. However, open and empathetic communication about suicide can actually be a crucial first step in helping someone who is struggling.

Suicidal people just want attention

This is a harmful stereotype that dismisses the pain and struggles of individuals who are experiencing suicidal thoughts. Most people who contemplate suicide are dealing with genuine emotional pain and suffering.

Suicide is a rational option for really bad situations

Suicide is often the result of distorted thinking, extreme emotional pain, and a sense of hopelessness. It is not a rational decision, but rather, a desperate response to overwhelming circumstances.

It's impossible to know if someone is contemplating suicide

Many individuals who contemplate suicide may appear fine on the surface; however, they often do or say something that indicates they are struggling. Pay attention to these indicators (warning signs of suicide). Reach out to people who may be struggling, even if they seem outwardly okay.



Call 988 if you are experiencing thoughts of suicide.

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