

ABOUT SUICIDE



01

**MYTH: Suicide is selfish.**

FACT: Suicide may be self-focused, but that is very different than selfish. In fact, many suicides are driven by the idea that one is a burden to others.

02

**MYTH: Suicide is an easy escape. One that cowards use.**

FACT: Humans have a strong instinct for self-preservation. There is nothing easy about suicide.



03

**MYTH: Most people who die by suicide don't make future plans.**

FACT: The suicidal mind is characterized by ambivalence, often reflecting a push and pull (tug-of-war) between the desire to live and the desire to die.

04

**MYTH: Asking someone about suicide will put the idea in their mind.**

FACT: Talking about suicide with a person gives them an opportunity to express thoughts and feelings about something they may have been keeping secret.



05

**MYTH: Suicide happens without warning.**

FACT: There is almost always evidence of prior planning before a suicide, even if the plans are "shelved" for a period of time.

06

**MYTH: If someone really wants to kill themselves, they won't talk about it.**

FACT: Most people 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.



07

**MYTH: Suicide is not preventable.**

FACT: Evidence shows that suicide can be prevented. Immediate practical help such as staying with a person, getting them to a hospital, or encouraging them to talk can avert the intention to die by suicide. There are many treatments that effectively address suicidal thoughts, behaviors, and plans.

08

**MYTH: If you try to prevent suicide by taking away someone's method they will find another way to kill themselves.**

FACT: Decades of research has shown no evidence of means substitution. Limiting access to lethal means saves lives!



09

**MYTH: People who have attempted suicide multiple times are just trying to get attention.**

FACT: Individuals with a history of multiple suicide attempts are more vulnerable to future suicidal crises.

10

**MYTH: Suicidal thoughts are rare.**

FACT: In a recent study of college students, prevalence estimates of lifetime suicidal thoughts, plans, and attempts were 22.3%.



SOURCES

American Association of Suicidology
<https://www.suicidology.org/resources/myth-fact>

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