



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

**EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND
NATIONAL MENTAL HEALTH ASSOCIATION**

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SUICIDE MYTHS & FACTS

***People who talk about suicide don't commit suicide.**

Fact: Of any 10 people who kill themselves, 8 have given definite warning signs of their suicidal intentions.

***Suicide happens without warning.**

Fact: The suicidal person frequently gives many clues and warnings regarding the suicidal intentions.

***Suicidal people are fully intent on dying.**

Fact: Most suicidal people are undecided about living or dying, and they “gamble with death” hoping someone will save them.

***Once a person is suicidal, he/she is suicidal forever.**

Fact: Individuals who wish to kill themselves are “suicidal” for only a limited period of time.

***Improvement following extreme depression or a suicidal crisis means that the suicidal risk is over.**

Fact: Most suicides occur within about 3 months following the beginning of improvement, when the individual has sufficient energy to put into action their thoughts and feelings regarding suicide.

***Talking about suicide increases the possibility of it happening.**

Fact: Talking about thoughts of suicide (even initiating the topic and asking questions), feelings of extreme depression and so on actually decreases the possibility.

***Suicide is inherited or “runs in the family.”**

Fact: Suicide does not run in families. It is an individual pattern.

***Suicide occurs mostly among those considered poor.**

Fact: Suicide is very democratic and is represented proportionately among all levels of society.