

MYTHS &
FACTS
on *Suicide*



Suicide only happens
when someone is
“irrational”.



True

?

False



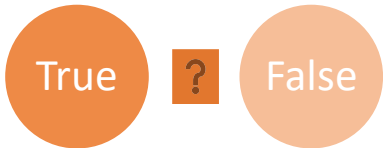
False

Most people have thoughts about suicide and some point.

- You don't have to have an emotional disorder to think about suicide.
- Suicidal thoughts and behaviours can happen to anyone at anytime in their lives.

Discuss: In adolescents even hormonal shifts and poor nutrition can lead to intense feelings of anxiety and depression. How can I provide accurate information to youth about temporary yet intense emotional states?

Most of time, there is
warning before someone
attempts or commits suicide.





True

- Most people send out warning signs and show noticeable changes.
- Knowing early warning signs can help you help someone. See Fact sheet #6

Discuss: What are some of the warning signs you know about?

People who have been suicidal in the past will always be.

True

?

False

A solid orange circle with the word "False" written inside in white.

False

People with suicidal behaviour can be helped. With help and learning people become stronger and face tough situations with more coping mechanisms and resiliency.

Discuss: Why might this myth inform us how important it is to broad community based prevention

Someone who was suicidal but is now feeling better is no longer at risk.

True

?

False

A large orange circle with the word "False" written inside in white text.

False

People who show strong improvement could be a greater risk for hurting themselves. It is important to monitor and support, by making enduring connections and supports available.

Discuss: Suicide Interventions don't even have to have suicide prevention in the title. What are some of the interventions in your area that create coping skills, hope, belonging, meaning and purpose for youth?

Aboriginal youth do not
know about suicide or
rarely think about it.

True

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False

An orange circle with the word "False" written inside in white text.

False

- Many people know of someone that have died from suicide, friends, family.
- A First Nation health survey found 21% of youth have thought about suicide and 1 in 10 have tried it.

Discuss:

Talking with a young person about suicide will make that youth suicidal.

The image shows a quiz interface. At the top is a text prompt. Below it are two large orange circles, one on the left and one on the right. Between these circles is a smaller orange square containing a white question mark. The left circle contains the word 'True' and the right circle contains the word 'False'.

True

?

False

A solid orange circle with the word "False" written in white text in the center.

False

A youth who may thinking about suicide feels alone, and needs support, listening & talking. Talking can reduce fear because it helps to dissipate the feeling when it is named.

Discuss: What interventions in your area help youth to put names to their feelings? Emotional Literacy is a crucial foundational skill in building emotional health.

Suicidal behaviours in youth are just a way to get attention..

The image shows a quiz interface. At the top, a statement is presented. Below it, there are two large orange circles, one on the left and one on the right. The left circle is a darker shade of orange and contains the word 'True'. The right circle is a lighter shade of orange and contains the word 'False'. Between these two circles is a small, dark orange square containing a white question mark. The entire graphic is set against a plain white background.

True

?

False

A large orange circle with the word "False" written in white text in the center.

False

Any behaviour that involves any of the combined warning signs or self harm is a sign of distress, and should be taken seriously.

Discuss: What systems of support currently exist in your school or community? Are you confident that youth know all of the support services?

The only professional psychologists with extensive experience in the area should intervene

True

?

False

A large orange circle with the word "False" written inside in white text.

False

All people who interact with suicidal adolescents can help them by way of emotional support and encouragement. Professional interventions also rely heavily on family, and friends providing a network of support. Teachers, peers, and caring adults are important resources.

Discuss: Think back to when you were an adolescent, who offered some coping tools in a time of stress?

Suicidal youth are
determined to end their
lives.

True

?

False

A solid orange circle with the word "False" written in white text in the center.

False

Most people see death as the only way out of their pain and hurt. Providing options, support and treatment to our youth is very important.

Discuss: What is the best way to communicate the temporary nature of present pain? How can we make people believe it will get better?

Suicidal youth will
always seek help.

True

?

False

False

There are some youth that will not or don't know how to begin to seek help. The 2002-03 *First Nations Regional Longitudinal Health Survey* found that there are youth **who will not turn to anyone for help**

Discuss: Is it possible to help someone who doesn't want help? What has been your biggest success in this area?