

Many people do not know the facts about suicide...

do you?

### Myth

No one can stop a suicide; it is inevitable.

Suicidal people keep their plans to themselves.

Those who talk about suicide don't do it.

Confronting a person about suicide will only make him or her angry and increase the risk of suicide.

Once a person decides to complete suicide, there is nothing anyone can do to stop him or her.

### Fact

If a person in a crisis gets the help they need, they will probably never be suicidal again.

Most suicidal people communicate their decision sometime during the week before their attempt.

People who talk about suicide may try, or even complete, an act of self destruction.

Asking someone directly about a suicide decision lowers anxiety, opens up communication, and lowers the risk.

Suicide is often a preventable kind of death. Almost any positive action may save a life.

