

MY VOICE MY CHOICE

SELF HARM AND SUICIDE



MYTH

People who died by suicide
are selfish



FACT

Many people are driven to end their lives by suicide because they believe they are a problem for others.

MY VOICE MY CHOICE

SELF HARM AND SUICIDE



MYTH

Suicide is the easy way out.

THE VOICE : THE CHOICE

SELF HARM AND SUICIDE



FACT

There is nothing easy about suicide.

THE VOICE : THE CHOICE

SELF HARM AND SUICIDE



MYTH

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



FACT

Most people thinking about suicide go back and forth in their mind about whether or not they want to live or die.



MYTH

Asking someone about suicide will
make them want to do it.



FACT

Asking someone about suicide is more likely to help them to talk about what has been bothering them instead of keeping it a secret.

THE VOICE : THE CHOICE

SELF HARM AND SUICIDE



MYTH

Suicide usually happens without warning.



FACT

There is almost always warning signs, but they are not always obvious.



MYTH

If someone really wants to die by suicide, they won't talk about it.



FACT

Most people will tell at least one person they are not okay or their plan to die. They may not come right out and say it, so it's important to know the signs.

MY VOICE MY CHOICE

SELF HARM AND SUICIDE



MYTH

Suicide is not preventable.



FACT

Suicide can be preventable. Some actions known to prevent suicide include talking to the person as well as treatment programs to help them cope.



MYTH

If you take away someone's method of ending their life, they will just find another way.



FACT

Removing something that someone can use to hurt themselves can help save their life. (Note, please get help if you need someone to take away a weapon such as gun.)

MY VOICE MY CHOICE

SELF HARM AND SUICIDE



MYTH

Suicide only happens to certain groups of people.

THE VOICE : THE CHOICE

SELF HARM AND SUICIDE



FACT

Suicide can happen to anyone.



MYTH

People who talk about suicide
are trying to make someone do
whatever they want.



FACT

People who talk about suicide are often in pain and need support.

It's not helpful to say they are just doing it because they want something. If someone talks about suicide, always take it seriously.