

Myth: Talking about suicide will lead to and encourage suicide.

OR
FICTION?

Fact:

There is a widespread stigma associated with suicide and as a result, many people are afraid to speak about it. Talking about suicide not only reduces the stigma, but also allows individuals to seek help, rethink their opinions and share their story with others. We all need to talk more about suicide.

Debunking these common myths about suicide can hopefully allow individuals to look at suicide from a different angle—one of understanding and compassion for an individual who is internally struggling. Maybe they are struggling with a mental illness or maybe they are under extreme pressure and do not have healthy coping skills or a strong support system.

As a society, we should not be afraid to speak up about suicide, to speak up about mental illness or to seek out treatment for an individual who is in need. Eliminating the stigma starts by understanding why suicide occurs and advocating for mental health awareness within our communities. There are suicide hotlines, mental health support groups, online community resources and many mental health professionals who can help any individual who is struggling with unhealthy thoughts and emotions.

For more myths and facts about suicide go to:

<https://www.nami.org/Blogs/NAMI-Blog/September-2020/5-Common-Myths-About-Suicide-Debunked>

Knowledge is power

Suicide Prevention Month: Ideas for Action

Go To: <https://sprc.org/sites/default/files/SPM2021graphicFINAL.pdf>

This two-page resource offers information to help anyone, anywhere get involved in Suicide Prevention Month in September. It includes tips on how to take action to help prevent suicide in your community, such as learning about effective suicide prevention, sharing stories of hope, and empowering everyone to be there for those in distress.

