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Myths About  
Suicide

# Myths About Suicide

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## **Myths About Suicide**

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

Fact : There is a

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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.

**5 Common Myths  
About Suicide  
Debunked | NAMI:  
National...**

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Myth: Talking about suicide is a bad idea as it may give someone the idea to try it. Fact: Suicide can be a taboo topic. Often, people who are feeling suicidal don't want to worry or burden anyone with how they feel and so they don't discuss it.

## **Myths about suicide | Samaritans**

Myth 1: Suicide is caused by depression  
To say that depression

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is the cause of all suicides is a generalization repeated too often. Suicide is often due to a combination, sequence or repetition of distressing life events - depression may just be one of the many stressors a person is struggling with.

**10 Myths and Facts  
About Suicide | The  
SOS Blog**

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Myth Teenage suicides make headlines, but adults are more likely to take their own life, says Dr. Valenstein. At particularly high risk are adults between 45 and 54, who had a suicide rate of 19 ...

## **15 Myths and Facts About Suicide and Depression | Health.com**

Suicide Myth Once people decide to die by suicide, there is

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nothing you can do to stop them. Suicide Fact Suicide can be prevented. Most people who are suicidal do not want to die; they just want to stop their pain.

----- Suicide Myth

Suicide only strikes people of a certain gender, race, financial status, age, etc.

Suicide Fact Suicide can ...

**Suicide Myths at  
Suicide.org. Suicide**

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## **Myths at Suicide.org**

...

Experts point out that suicide is preventable, and knowing the facts about it can help you intervene and make a difference in someone's life. Here, we debunk seven common myths about suicide to help you give your loved one the support they need.

## **7 Myths About Suicide and the Real**

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# Access Free Myths About Suicide **Facts | Aetna**

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

Truth: There is a widespread stigma associated with suicide and as a result, many people are afraid to speak about it.

## **Common Myths About Suicide Debunked | Psychology Today**

Myth: Talking about suicide will encourage

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more suicides. Truth:  
Talking about suicide  
actually diminishes the  
stigma with which it is  
all too often  
associated; this, in  
turn, encourages  
people to ...

## **The Myths and Warning Signs of Suicide | Psychology Today**

Around the world, more  
than a million people  
die by suicide each  
year. Yet many of us

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know very little about a tragedy that may strike our own loved ones—and much of what we think we know is wrong. This clear and powerful book dismantles myth after myth to bring compassionate and accurate understanding of a massive international killer.

**Myths about Suicide**  
**— Thomas Joiner |**

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**Harvard University  
Press**

MYTH: SUICIDE IS A RARE OCCURRENCE AND NOT A CONCERN IN SINGAPORE. In 2018, 397 lives were lost to suicide. Due to the difficulties in classifying a death as suicide, published statistics are ...

**Understanding  
suicide: Debunking  
myths and knowing  
what ...**

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Myth: Talking about suicide may give someone the idea  
Talking about suicide does not create or increase risk. The best way to identify the intention of suicide is to ask directly, according to CMHA .

## **7 common suicide myths | Globalnews.ca**

Suicide should not be talked about Let's discuss these myths as

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we learn more about suicide and why it might become something anyone can struggle with. No matter what level of understanding you have about suicide, it's important to set aside assumptions around the topic.

## **Myths About Suicide — Suicide Is Different**

Myth #1: People who talk about suicide are

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just trying to get attention. Reality: People who talk about suicide are usually in a lot of emotional or physical pain and are trying to reach out for help.

## **Common myths about suicide, Health News - AsiaOne**

MYTH. Suicide is an act of selfishness. FACT. Many people who attempt suicide feel

# Access Free Myths About Suicide

like they are a burden, and family and friends will be better off without them. The person may feel hopeless, and it is difficult for them to imagine that things will get better. We need to dispel these suicide myths if we're going to help people in our community.

**Suicide myths -  
separating fact from  
fiction: Suicide Call**

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...  
Suicide myth. If someone talks about suicide, they probably don't intend to follow through with it. Fact. If someone talks about suicide or self-harms they are probably reaching out for help. It can mean they are seriously considering it. You can call SuicideLine Victoria on 1300 651 251 for help. If it is an emergency, call 000. Suicide myth

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## **Myths about suicide - SuicideLine Victoria**

Suicide myths and facts. Some of the commonly held misconceptions about suicide or self-harm may stop you from recognising when someone is at risk. You may think they're seeking attention or being manipulative. On the contrary, when someone talks about

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harming themselves, ...

## **Suicide myths and facts - Beyond Blue**

Heightened suicide risk is often short-term and situation-specific.

While suicidal thoughts may return, they are not permanent and an individual with

previously suicidal thoughts and attempts can go on to live a long life. **M y t h s a b o u t s u i c i d e** MyMMyythh:

Talking about suicide is

# Access Free Myths About Suicide

a bad idea

## **Myth - WHO**

Myth: people trying to commit suicide are determined to die.

Fact: Most people are unsure about committing suicide.

Myth: people may talk about or threaten suicide but aren't like to do it.

**Suicide Myths &  
Misconceptions |  
Study.com**

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MYTH: Young people who talk about suicide never attempt or die by suicide. FACT: Talking about suicide can be a plea for help and it can be a late sign in the progression towards a suicide attempt. Those who are most at risk will show other signs apart from talking about suicide.

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