



Preventing Suicide

Myths and False beliefs

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Myth or Fact?

- Suicide can't be prevented. If someone is set on taking their own life, there is nothing that can be done to stop them.

- Myth



Myth or Fact?

- People who take their own life are selfish, cowards, weak or are just looking for “attention.” They won’t really do it.

- Myth



Myth or Fact?

- Asking someone if they are thinking about suicide will put the idea in their head and cause them to act on it.

- Myth



Myth or Fact?

- Teenagers and college students are the most at risk for suicide.

- Myth



Myth or Fact?

- Barriers on bridges, safe firearm storage and other actions to reduce access to lethal methods of suicide don't work. People will just find another way.

- Myth



Myth or Fact?

- If a person is determined to kill him/herself, nothing is going to stop him/her.

- Myth



Myth or Fact?

- Talk therapy and/or medications don't work.
- Myth



So what can one do to prevent a suicide?

- Be PRESENT, and emotionally stable
- Don't try to talk the person out of it
- Reflect his/her feelings
- Don't agree/disagree and yet be supportive
- Display unconditional positive regard
- Allow him/her to talk about the suicidal intent
- Provide a support system
- Be prepared to fail



- Questions?