

# Myths & Facts about Suicide: Ideation, Behaviors, Attempts, & Death

Most suicides occur in winter months

There is seasonal variation in suicide death rates, and the highest rates are in the spring (April and May).

Only certain types of people become suicidal.

Anyone can experience suicidality.

All young people with thoughts of suicide are depressed.

While depression is a contributory factor in most suicides, it doesn't need to be present for a person to attempt or die by suicide.

People who talk about suicide are just seeking attention.

It's always important to take seriously anybody who talks about feeling suicidal. It's important to be kind and sensitive, and ask direct questions. It is likely the young person has tried to gain attention and attention is needed.

Asking about or talking about suicide increases the chances a person will act on it.

Talking about suicide reduces suicidal ideation. It improves mental health-related outcomes and the likelihood that the person would seek treatment. Opening this conversation helps people find an alternative view of their existing circumstances. If someone is in crisis or depressed, asking if they are thinking about suicide can help, so don't hesitate to start the conversation.

Once a person is intent on suicide, there is no way of stopping them.

Suicide can be prevented and people can be helped. Most suicidal crises are relatively brief. Immediate practical help such as staying with the person, encouraging them to talk, and helping them build plans for the future can avert the intention to attempt or die by suicide.

Suicide attempts or deaths always occur without warning.

There are almost always warning signs before a suicide attempt. Major themes of warning signs are pain and loss.

People who take their own lives are selfish, cowards, or weak.

People who die of suicide experience significant emotional pain and find it difficult to consider different views or see a way out of their situation. They often feel they are a burden to themselves, family, or society.

## Resources

[Overview of Teen Suicide](#)

[Warning Signs of Suicide in Children & Teens](#)

[What To Do When Someone is at Risk](#)

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Created by Susan Stadelman, MS