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**MYTH:**

People who talk about suicide don't complete suicide.

**FACT:**

Many people who die by suicide have given definite warnings to family and friends of their intentions. Always take any comment about suicide seriously.

**MYTH:**

Suicide happens without warning.

**FACT:**

Most suicidal people give clues and signs regarding their suicidal intentions.

**MYTH:**

Suicidal people are fully intent on dying.

**FACT:**

Most suicidal people are undecided about living or dying, which is called “suicidal ambivalence.” A part of them wants to live; however, death seems like the only way out of their pain and suffering.

**MYTH:**

Men are more likely to be suicidal.

**FACT:**

Men are four times more likely to kill themselves than women. Women attempt suicide three times more often than men do

**MYTH:**

Asking a depressed person about suicide will push him/her to complete suicide.

**FACT:**

Studies have shown that patients with depression have these ideas and talking about them does not increase the risk of them taking their own life.

**MYTH:**

Suicide occurs in great numbers around holidays in November and December.

**FACT:**

Highest rates of suicide are in May or June, while the lowest rates are in December.

**MYTH:**

Sometimes a bad event can push a person to complete suicide.

**FACT:**

Suicide results from having a serious psychiatric disorder. A single event may just be “the last straw.”