

8 Common Suicide Myths

Myths

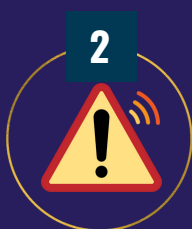
Facts

Asking someone about suicide makes them feel or become more suicidal.



FALSE. Talking to someone about suicide **encourages one to communicate.** It is a relief for one to verbalise his or her struggles and the first step to getting support.

There are no warning signs of suicide.



FALSE. People who contemplate suicide would have **communicated their intention.** The signs may not be obvious. Therefore, it is important to know some of the **risk factors and warning signs.**

All suicides are an act of impulse.



Some suicides happen on impulse, commonly among youths. However, **most suicides often develop over time** where individuals experience a process of suicide ideation, gestures, plans, and attempts.

Suicide is caused by depression.



FALSE. **Being suicidal is not a mental illness.** Someone who is not depressed can be at risk of suicide and not everyone suffering from depression dies by suicide.

Only those acting moody and sad are suicidal.



FALSE. **Suicide does not have a 'look'.** Once someone has made concrete suicidal plans, one can become exceptionally happy or outgoing for reaching a decision.

People commit suicide as they want to end their lives.



FALSE. Individuals who contemplate suicide are in a situation of helplessness and despair. **They want to get out of the situation** but no longer know how to and believe that no one can help them.

People who talk about suicide or who have attempted before would not go through with it.



FALSE. Someone in distress who has spoken about or have attempted suicide may be **a cry for help.** It should not be ignored or treated as a form of attention-seeking.

Suicide is preventable.



TRUE. You can play a part in suicide prevention. The first step is to equip yourself with the **right knowledge and skills.**



Click here to learn more about suicide risk factors & warning signs.

Offer help to a loved one in need.

Click here to learn how to support someone in crisis.



Going through struggles and challenges?

Take better care of yourself through Personal Self-Care Tips



Learn to Manage Difficult Emotions



Learn to Manage Self-Criticisms

All suicide thoughts and attempts should be treated seriously.

If someone you know may be at risk of suicide or is contemplating suicide, please contact:

PSB Academy Counsellor
6390 9214
Mon - Fri, 8.30am - 6pm
(Closed on PH)

Samaritans of Singapore (SOS)
1800 221 4444
24-hour helpline

Institute of Mental Health (IMH)
6389 2222
24-hour helpline

Alternately, visit www.psb-academy.edu.sg/student-resources/student-care for other 24-hour crisis helplines & community resources.