SUICIDE AWARENESS & PREVENTION

The *Facts* vs The Myths

Understanding the truth behind suicide is a vital step toward preventing it. These common myths often stop people from getting or giving the help they need:

MYTH 1: "People who talk about suicide won't really go through with it."

FACT: Many people who die by suicide talk about it beforehand. Talking about suicide is often a warning sign, not "attention-seeking." It's a signal of emotional pain, and should be taken seriously—no matter the context.

MYTH 2: "Suicide happens suddenly, without warning."

FACT: While some suicides appear sudden, in most cases there are warning signs over time. These may include:

- Changes in mood or behavior
- Talking about death
- Withdrawing from others

Recognizing early warning signs gives coworkers, friends, and family a chance to intervene and offer support before a crisis escalates.

MYTH 3: "If I ask someone about suicide, I might put the idea in their head."

FACT: You can't cause someone to become suicidal just by asking. Asking directly shows you care, reduces isolation, and opens communication. People often feel relief when someone sees their struggle and wants to help.

MYTH 4: "Only people with mental illness are suicidal."

FACT: While mental health conditions can increase risk, not everyone who feels suicidal has a diagnosed mental illness. Stress, grief, trauma, chronic pain, substance use, or overwhelming life events can all contribute.

MYTH 5: "If someone is determined to die by suicide, nothing can stop them."

FACT: Suicidal thoughts are often temporary—they can feel intense in the moment, but they do pass. With support, counseling, and treatment, many people find relief and go on to live fulfilling lives. Intervention works.

MYTH 6: "People who are suicidal want to die."

FACT: Suicidal thoughts are usually about escaping intense emotional or physical pain. What they truly want is an end to suffering—not necessarily an end to life.

We can all help prevent suicide—through awareness and action. Visit EAP4YOU.com to learn more.

EAP *USPS Employee Assistance Program*

EAP4YOU.com
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