

## Myths & Facts (quick-read SEO page)

Myth	Fact	Source
“Talking about suicide puts the idea in someone’s head.”	Asking directly can <b>reduce distress</b> and opens a pathway to help; it does not increase risk.	AFSP factsheet <a href="#">AFSP</a>
“People who talk about suicide won’t actually do it.”	Most people who die by suicide <b>give verbal or behavioral clues</b> beforehand.	CDC/AFSP <a href="#">AFSP</a>
“Suicide happens without warning.”	8 of 10 people show warning signs (mood, behavior, words) in the weeks before.	SPRC data (link to include)
“If someone survives a first attempt, they’ll just try again.”	9 out of 10 survivors <b>do not</b> go on to die by suicide.	Harvard Means Matter <a href="#">UAFP Journal</a>
“Only people with a diagnosed mental illness are at risk.”	While 90 % have a mental-health condition, crises like loss, pain, or drugs can trigger suicide in anyone.	

<https://stayalive.prevent-suicide.org.uk/articles/myths-about-suicide/>

<https://www.nursinginpractice.com/clinical/talking-about-suicide-will-put-the-idea-into-someones-head/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/8-common-myths-about-suicide>

<https://www.nami.org/stigma/5-common-myths-about-suicide-debunked/>

<https://healthdor.com/article/10-suicide-myths-you-need-to-know>