

Myths About Suicide

	Myth?	Fact?
Asking about suicide will “plant a seed” and encourage a person to think about ending their life if they were not, prior to asking		
Children are incapable of ending their life by suicide		
Suicides are rare		
Thoughts of suicide are rare		
More women die by suicide than men		
If someone is thinking about suicide, there is nothing that can be done to stop them		
I need to be a trained mental health professional to help prevent someone thinking of suicide, ending their life		

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