






Facts About Suicide

	Myth?	Fact?
Asking about suicide supports suicide prevention by giving permission to others to speak about thoughts of suicide		
Children think about suicide and can die by suicide		
Suicide is the leading cause of death in men under 49 and women under 35		
On average, 1 in 5 adults will think about suicide at some point in their life		
75% of suicides are by men		
The vast majority of individuals with thoughts of suicide (with help and support) will not go on to attempt or die by suicide		
Any one can help prevent someone thinking of suicide, ending their life		

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