

SUICIDE

SHATTERING THE STIGMA

MYTH

If someone has a 'good' life, they can't feel suicidal.

FACT

Anyone at any time in their life can experience thoughts of suicide, regardless of their situation.



Scan here for more myths and facts...



Survivors of
Bereavement
by Suicide



PAPYRUS
PREVENTION OF YOUNG SUICIDE

SUICIDE

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If you are having thoughts of suicide, you must be 'mentally ill.'

FACT

Many people who experience thoughts of suicide do not have a diagnosed mental health condition.



Scan here for more myths and facts...

SUICIDE

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MYTH

If I talk about suicide, it might put the idea in someone's head.

FACT

Having safe conversations around suicide will not make someone suicidal, instead it lets them know you are a person they can reach out to for support.



Scan here for more myths and facts...

SUICIDE

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Men don't reach out for support with thoughts of suicide.

FACT

We hear from lots of men who have bravely reached out for support.



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People bereaved by suicide don't want to talk about their loved one.

FACT

Most bereaved people still want to share their memories of the loved one they have lost, and celebrate their lives.



Scan here for more myths and facts...

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It's obvious when someone is experiencing thoughts of suicide.

FACT

There are lots of different signs that someone may be suicidal, some are less easy to spot so it is always best to ask directly.



Scan here for more myths and facts...

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People who say they are suicidal are only 'attention seeking.'

FACT

Telling someone you are experiencing suicidal thoughts takes a huge amount of courage and should always be taken seriously.



Scan here for more myths and facts...



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There's a set time on grieving a loved one lost to suicide.

FACT

Bereavement is very personal to the individual and their journey is unique to them. This journey should be respected.



Scan here for more myths and facts...

SUICIDE

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Suicide won't affect me.

FACT

Suicide doesn't discriminate – it can affect anyone at any time.



Scan here for more myths and facts...

SUICIDE

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Only the family or friends of someone who's died by suicide can be impacted by their death.

FACT

No matter how close you were to the person who died – if you need support with your feelings, they are valid and you are deserving of that care.



Scan here for more myths and facts...