

Myths About Suicide & Depression

Myth: Teens don't suffer from "real" depression

Truth: Depression affects people of all ages

Myth: People who talk about suicide won't really do it.

Truth: People who commit suicide often did tell someone their intentions

Myth: Anyone who tries to kill themselves must be crazy.

Truth: Most people who attempt suicide are depressed, which is a treatable mental health issue.

Myth: If a person is determined to kill themselves, nothing is going to stop them.

Truth: With intervention and treatment most people who are depressed lose the desire/need to harm themselves

Myth: Talking about suicide may give someone the idea.

Truth: Talking about suicide de-stigmatizes the illness of depression and allows a person learn about treatment opportunities.

Myth: Most teenagers will not reveal that they are suicidal or have emotional problems.

Truth: Most teenagers who are depressed do attempt to tell others

Myth: Parents are often aware of their child's suicidal behavior.

Truth: Most parents (85%) are not aware their child is depressed

Myth: Most adolescents who attempt suicide fully intend to die.

Truth: Most adolescents who attempt suicide want the pain of their illness to leave

Myth: The only one who can help a suicidal adolescent is a counselor or a mental health professional.

Truth: Any caring person can listen to an adolescent in crisis and encourage them to seek the help of a mental health professional for treatment. This includes telling a trusted adult even if the adolescent does not want you to seek help for them.