

GENERAL FACTS ABOUT SUICIDE

Suicide knows no boundaries. It happens among people of all ages and incomes, all ethnic and religious groups, and all parts of the world. Emotional consequences of suicide can be long lasting and take a heavy toll on those left behind.

Nonetheless, suicide can be prevented. When individuals, schools, and communities combine efforts to address suicide, they can save lives.

This document contains eight common misconceptions about suicide along with the debunking reality.



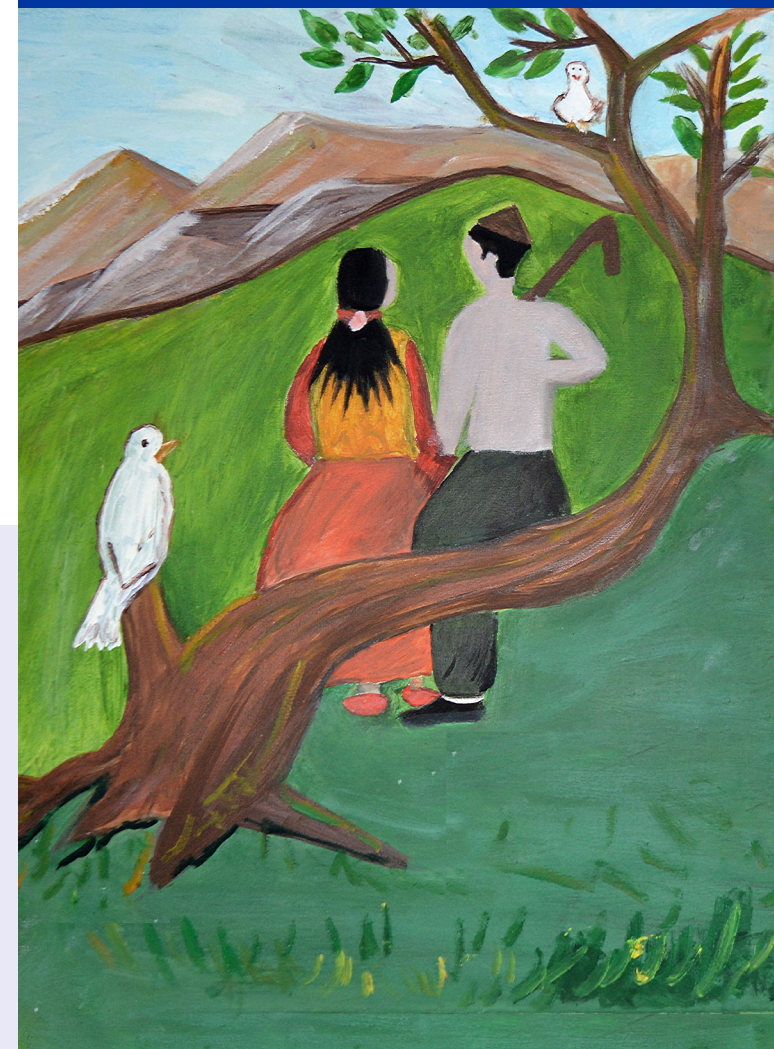
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COMMON MISCONCEPTIONS ABOUT SUICIDE





1 MISCONCEPTION SUICIDE IS A RARE PHENOMENON

REALITY: According to the World Health Organization (WHO), around 800,000 people die by suicide globally every year, which means every 40 seconds one person dies by suicide. Suicide is the second leading cause of death among 15-29 years old.

2 MISCONCEPTION ALL SUICIDE CASES CANNOT BE PREVENTED

REALITY: Several cases of suicide can be prevented and numerous efforts from individuals or communities can contribute to reducing its incidence.

3 MISCONCEPTION PEOPLE WHO TALK ABOUT SUICIDE ONLY SEEK ATTENTION

REALITY: Suicide thoughts, attempts and threats need to be taken seriously. Experience working with people who are suicidal has shown that the majority of cases who attempt suicide have had either implicit or explicit warning messages to their social circles.

4 MISCONCEPTION TALKING ABOUT SUICIDE CAN INCITE SOMEONE TO ATTEMPT SUICIDE

REALITY: It is hard to believe that suicide can be incited by just talking about it to other people. On the contrary, a person who feels down or sad may feel better understood by others and that he has the right of feeling that way if he has a free space to talk to others about his emotions. This can be a protective factor against acting on the suicidal thoughts.



5 MISCONCEPTION ONCE A PERSON IS SUICIDAL THEY WILL ALWAYS BE SUICIDAL

REALITY: Individuals who wish to kill themselves are suicidal only for a limited period of time. If they are able to overcome this difficult phase, they can go on to lead useful lives afterwards.

6 MISCONCEPTION UNSUCCESSFUL SUICIDE ATTEMPTS SHOW THE PERSON WAS NOT SERIOUS

REALITY: A suicidal attempt that did not lead to death shall always constitute a strong risk factor and warning sign for future attempts.

7 MISCONCEPTION SUICIDE OCCURS MORE OFTEN AMONG THE RICH OR THE POOR

REALITY: Suicide knows no boundaries. It is represented proportionately among all levels of society.

8 MISCONCEPTION SUICIDE IS INHERITED OR GENETICALLY DETERMINED

REALITY: The association between genes and ending one's life is complex. Research suggests that the genetic factors may only raise an individual's risk. However, that cannot predict prospectively if a person will be suicidal in the future.

