

Myths

“Suicidal people are fully intent on dying.”

Most suicidal people are undecided between life and death, and they are hoping someone will intervene and make that decision for them.

“Suicidal individuals are mentally ill, and suicide is always the act of a psychotic person.” Studies of hundreds of genuine suicide notes indicate that although the suicidal person is extremely unhappy, he or she is not necessarily mentally ill.

“Talking about suicide may prompt the person to act.” Quite the opposite is true. By discussing the subject openly, you will be demonstrating concern and caring that may be vital to preventing suicide.

“No one I know is the type to commit suicide.” The facts show that suicide can and does occur with all types of people—young and old, rich and poor, popular and unpopular, athletic and non-athletic, etc.

actually indicate the person has “solved” his or her dilemma by making the decision to “put an end to” existing problems.

- Making final arrangements (giving away prized possessions, writing a will, etc.).
- Of course, many people from time to time exhibit some of these behaviors without being at all suicidal. But these signs, or a combination of these signs with other indications, may be important clues.

Where to Get Help:

Local Resources:

Foundation 2 Crisis Center
319-362-2174 (local) or 1-800-332-4224
1540 2nd Ave. SE • Cedar Rapids, IA 52403
www.f2online.org
24-hour telephone counseling, 365 days a year;
walk-in counseling, 7 days a week

Kirkwood Community College Counselors
319-398-5471, 115 Iowa Hall.

National Resource:

American Foundation of Suicide Prevention
www.afsp.org • 1-888-333-2377.

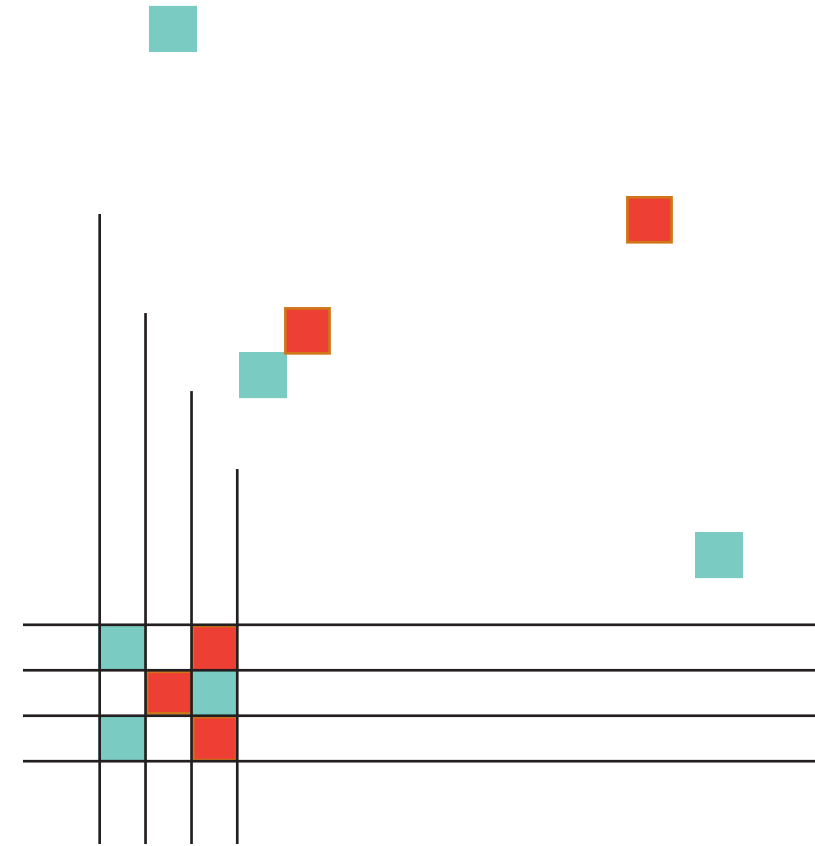
This handout is part of the Self-Help Information Series written by Kirkwood Community College Counselors, Cedar Rapids, Iowa. 319-398-5471 or 1-800-332-2055, ext. 5471.

Please share this information with family, friends and classmates.

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9/07

Suicide



Signs

Any indication that a person is considering suicide should be taken seriously, but there are some danger signs that are common enough to merit special attention:

- A suicidal threat or other statement including a desire or intention to die.
- A previous suicide attempt.
- Mental depression, a loss of appetite, sleep disturbances and general bodily complaints, as well as feelings of loneliness, worthlessness, guilt and sadness.
- Marked changes in behavior or personality, including the sudden lifting of a troubled mood, which may

The Preventable Death