

VFW Auxiliary Dept of NH

Presidents Special Project

Suicide Awareness

January 2023 - General Information



Myths and Realities About Suicide

Below are the top four myths about suicide that you can help dispel by taking action and sharing with your community:

1. **MYTH:** Asking about suicide may lead a Veteran to take his or her life.

REALITY: Asking about suicide does not create suicidal thoughts. The act of asking the question simply gives the Veteran permission to talk about his or her thoughts or feelings.

2. **MYTH:** There are talkers and there are doers.

REALITY: Most people who die by suicide have communicated some intent. Someone who talks about suicide provides others with an opportunity to intervene before suicidal behaviors occur. Almost everyone who dies by suicide or attempts suicide has given some clue or warning. Suicide threats should never be ignored. No matter how casually or jokingly said, statements like, "You'll be sorry when I'm dead," or "I can't see any way out" may indicate serious suicidal feelings.

3. **MYTH:** If somebody really wants to die by suicide, there is nothing you can do about it.

REALITY: Most suicidal ideas are associated with treatable disorders. Helping someone connect with treatment can save a life. The acute risk for suicide is often time-limited. If you can help the person survive the immediate crisis and overcome the strong intent to die by suicide, you have gone a long way toward promoting a positive outcome.

1. **MYTH:** He or she really wouldn't die by suicide because ... *he just made plans for a vacation, she has young children at home, he made a verbal or written promise, she knows how dearly her family loves her.*

REALITY: The intent to die can override any rational thinking. Someone experiencing suicidal thoughts or intent must be taken seriously and referred to a clinical provider who can further evaluate his or her condition and provide treatment as appropriate.

Assistance is only a phone call away.



SUICIDE FREQUENCY

22 PER DAY
ONE EVERY
65 MINUTES



Best regards,

Julie DeRubeis

Dept of NH VFW Auxiliary Department - President Special Project Chair - 2022-2023

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