

Video bites: Misconceptions about suicide

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A common misconception about suicide is that if you talk to someone who you believe could be having suicidal thoughts it could make them more likely to hurt themselves.

This is not true.

The truth is when someone reaches out in a caring and compassionate way and can show support, they demonstrate hope that things can improve with time.

In addition, it is often a relief for the suicidal person to be asked about their intentions as they could be grateful for a lifeline. Normalizing the conversation around suicide helps decrease stigma and improves the likelihood that someone may reach out for help.

If you or a loved one is struggling with these feelings or if you need someone to talk to, Resources For Living is here to help. You have in-the-moment support available to you anytime. You don't have to figure this out on your own.

On-screen text:

24/7 in-the-moment support. In case of an emergency: Call 911 or the national crisis lifeline at 988. You can also text HELP: to 741-741.

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