

WORLD SUICIDE PREVENTION DAY



#BEBRAVE

**IN THE MAZE OF
CONFUSION, THERE
IS ALWAYS A WAY
OUT. SEEK HELP,
FIND CLARITY.**

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YOU ARE NOT ALONE IN THIS FIGHT. REACH
OUT, AND TOGETHER, WE CAN FIND HOPE



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Myths

1. Those attempting suicide never give out any warning signs.
2. Talking about ending one's own life is always an attention-seeking behaviour.
3. Discussing suicide with an individual at risk may increase their likelihood of attempting it.
4. One who has decided to attempt suicide cannot be stopped.
5. Anyone who attempts suicide is weak, coward and only thinks about oneself.
6. Seeking help and sharing problems do not help.



Facts

1. Suicidal intentions are often expressed through words or actions which may go unnoticed.
2. Any sharing of suicidal thoughts or self-harm attempts is to be taken seriously and responded to with sensitivity and care.
3. Discussing suicide encourages open communication, a necessity for prevention of suicide.
4. Timely support and intervention can prevent suicide.
5. Those attempting suicide perceive death as the last available option to overcome extreme distress.
6. Seeking help shows strength, and opening up about one's distress with a trusted person can help in getting support.