MYTH
I SHOULD NEVER ASK SOMEONE IF THEY'RE THINKING ABOUT SUICIDE BECAUSE IT MAY GIVE THEM THE IDEA!

BUSTED
SO, SO BUSTED

Asking is one of the best things you can do if you think someone is contemplating suicide. In fact, most people won’t be upset if you ask because it shows you care and gives them an opportunity to talk about their feelings and thoughts. Even if the individual says they are not thinking about suicide, it’s still a good idea to let them know you are worried and that help is available.

BOTTOM LINE:
If you are worried that someone might be thinking about suicide, talk to them! Ask them “Are you thinking about killing yourself?” Listen to what they say, and refer them to a professional.

To learn more about suicide prevention, visit http://asklistenrefer.org!

For information on Suicide Prevention Week events, November 7-11, go to http://wellness.missouri.edu!