

MYTHS vs FACTS

About depression and suicide – poster for the staff room

MYTH (False belief)	FACT (Scientific knowledge)
✗ MYTH Those who talk about suicide won't do it.	✓ FACT Many people who die by suicide clearly communicated their suffering or intent beforehand. Every threat is an alarm signal.
✗ MYTH Asking about suicidal thoughts might plant the idea in their head.	✓ FACT Research proves the opposite. Asking directly brings relief, lowers tension, and shows the pupil their problem has been noticed.
✗ MYTH It's just an attempt to get attention (manipulation).	✓ FACT A healthy, secure child does not need to threaten death to get attention. A cry for attention IS a cry for help.
✗ MYTH They have wealthy parents and good grades – they have no reason to be depressed.	✓ FACT Depression is democratic. It is a biological illness, independent of status. The pressure to succeed is itself a risk factor.
✗ MYTH Self-harm is always a suicide attempt.	✓ FACT Often it is a tension regulation mechanism ("I want relief", not "I want to die"). Nevertheless, every bodily injury requires specialist intervention.

When in doubt: ACT. Better once too many than once too few.