THE OLLIE FOUNDATION

ONE LIFE LOST IS ENOUGH

SUICIDE AWARENESS

MYTHS & FACTS

EMPOWERING CONVERSATIONS

Myth: "Talking about suicide increases the risk."

Fact: Open, compassionate conversations can be life-saving. People in crisis often need to talk about their feelings. Asking directly shows you care and can help them connect with support.

Myth: "Only depressed people hurt themselves."

Fact: Suicide can affect anyone experiencing intense emotional pain, regardless of diagnosis. It's often a response to overwhelming feelings of hopelessness, not just clinical depression.

Myth: "If they wanted to live, they would call for help."

Fact: People experiencing suicidal thoughts do not always ask for help. Shame, hopelessness, fear of burdening others, or feeling disconnected can make reaching out feel impossible.

Myth: "Most people who attempt suicide die."

Fact: Most people who attempt suicide do not die. With proper support and treatment, recovery is possible.