

Breaking down myths and stigma about suicide



September is Suicide Prevention Awareness Month — a time dedicated to understanding how suicide impacts our communities and how it can be prevented. Many people find suicide to be a deeply uncomfortable topic. However, discussing suicide honestly can help break down the stigma that keeps people from getting help. One way to approach the topic is to clear up common misconceptions, such as the ones below.



Misconception #1

**It's dangerous
or harmful to
talk about
suicide**

Many people feel that talking about suicide can “plant ideas” in someone’s head. However, compassionate and well-informed conversation about suicide has not been shown to increase the likelihood of suicidal behaviour. In fact, the opposite is true: open discussion can break down stigma, helping people feel less ashamed and more likely to reach out for support.

Take action

Help normalise the conversation by sharing content about Suicide Prevention Awareness Month with a friend, family member, or on social media.

Misconception #2

Suicide is uncommon

Scotland has the highest suicide rate in the UK. Some populations are at higher risk than others: just under three quarters of all suicides in Scotland are male. Suicide deaths are also approximately three times more likely among those living in the most socio-economically deprived areas than among those living in the least deprived areas.

Take action

Suicide is more common than many people think. Learn how to support someone who's been affected by suicide.

Misconception #3

**Suicide
is never
preventable**

Since the early 2000's suicide prevention has been a strategic priority in Scotland. The 'Choose Life' strategy and action plan laid the groundwork for suicide prevention in Scotland.

It may not always be obvious if a loved one is experiencing suicidal thoughts. But if it is, connecting them to appropriate resources or professional help could make a big difference.

Take action

Learn how to react if you suspect someone may be considering suicide.

Conversations can save lives



If you or someone you know is experiencing a mental health emergency, call 111, or go to the nearest A&E. You can also call the Samaritans 24/7 on 116 123 for help, support and someone to talk to.

Remember: Talking about suicide won't encourage someone to attempt it — and it could help them in their moment of crisis. To learn the warning signs of suicide, visit [NHS Inform](#).

Prioritise your own mental health

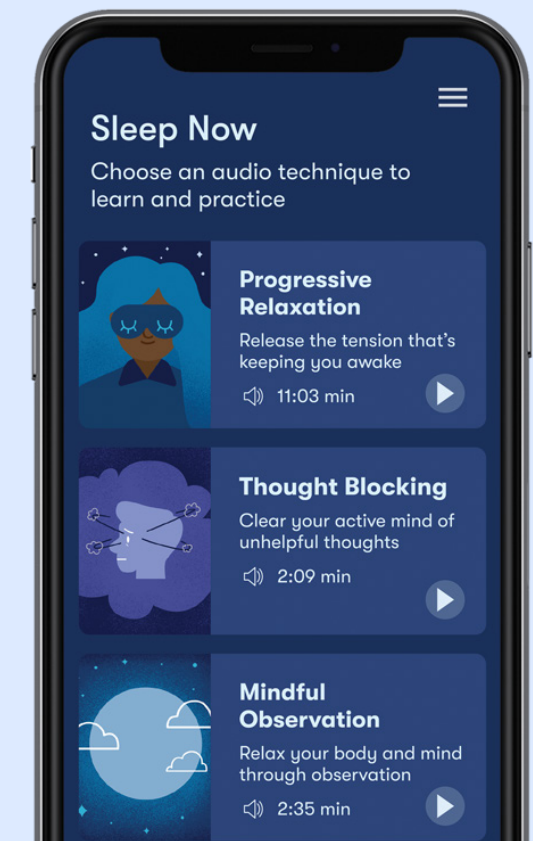
Insomnia and anxiety are two of the most common mental health conditions. If you struggle with either, Sleepio and Daylight are two digital mental health programmes that can help you start feeling better.

Sleepio is clinically proven to help people clear their minds, improve their sleep, and have better days in just six weeks. And Daylight is proven to help people manage anxiety by teaching them techniques to build good habits for life.

Sleepio

Get started with Sleepio at

sleepio.com/nhs



daylight

Get started with Daylight at

trydaylight.com/nhs

