

From the Psychology of
Suicide by Schneiderman
Fasler & S. S. S. S. S.

Facts and Fables on Suicide

FABLE:

People who talk about suicide don't
commit suicide.

FACT:

Of any ten persons who kill them-
selves, eight have given definite
warnings of their suicidal intentions.

FABLE:

Suicide happens without warning.

FACT:

Studies reveal that the suicidal per-
son gives many clues and warnings
regarding his suicidal intentions.

FABLE:

Suicidal people are fully intent on
dying.

FACT:

Most suicidal people are undecided
about living or dying and they "gam-
ble with death," leaving it to others to
save them. Almost no one commits
suicide without letting others know
how he is feeling.

FABLE:

Once a person is suicidal, he is
suicidal forever.

FACT:

Individuals who wish to kill them-
selves are suicidal only for a limited
period of time.

FABLE:

Improvement following a suicidal
crisis means that the suicidal risk is
over.

FACT:

Most suicides occur within about
three months following the beginning
of "improvement," when the individu-
al has the energy to put his morbid
thoughts and feelings into effect.

FABLE:

Suicide strikes much more often
among the rich and/or, conversely, it
occurs almost exclusively among the
poor.

FACT:

Suicide is neither the rich man's
disease nor the poor man's curse.
Suicide is very "democratic" and is
represented proportionately among
all levels of society.

FABLE:

Suicide is inherited or "runs in the
family."

FACT:

Suicide does not run in families. It is
an individual pattern.

FABLE:

All suicidal individuals are mentally
ill, and suicide always is the act of a
psychotic person.

FACT:

Studies of hundreds of genuine
suicide notes indicate that although
the suicidal person is extremely
unhappy, he is not necessarily men-
tally ill.