Listed below are a number of statements about suicide. Decide whether you *agree* or *disagree* with them. Discuss your answers with your group.

	Agree	Disagree
1. People who talk about suicide won't commit suicide.		
2. Suicide happens without warning.		
3. The suicide rate is rising steadily.		
4. Suicide and attempted suicide are the same type of behavior.		
5. Suicide involves only a specific class of people.		
6. Motives and causes of suicide are readily established.		
7. Suicide occurs mainly because of depression.		
8. All suicides are attempted on the basis of the same motive.		
9. Suicide is a "crazy" or "insane" act.		
10. Suicide can be understood fully by studying suicidal individuals.		
11. Suicide is inherited.		
12. Suicide is related to weather phenonema, moon phases, and sun spots.		
13. Improvement in a suicidal person means the danger is over.		
14. Patients under a doctor's care are not a suicidal risk.		
15. Only a psychiatrist or mental hospital can prevent suicide.		
16. Patients in hospitals, especially mental hospitals, are not a risk.		

From *Spirit Master Pak* for *Death and Dying: A Night Between Two Days.*
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From the Pathology of Suicide by Schneidman, Farberow & Litman

Facts and Fables on Suicide

FABLE:
People who talk about suicide don't commit suicide.
FACT:
Of any ten persons who kill themselves, eight have given definite warnings of their suicidal intentions.
FABLE:
Suicide happens without warning.
FACT:
Studies reveal that the suicidal person 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 "gamble 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 themselves 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 individual 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 mentally ill.