

# Police issue advice on common myths about suicide ahead of World Mental Health day

Police Scotland have issued advice on common myths about suicide ahead of World Mental Health day on Saturday.

Myth No.1 – People who talk about suicide never attempt or complete suicide.



Myth No.2 – If somebody wants to end their life, they will, and there is nothing anybody can do about it.

Myth No.3 – Talking about suicide or asking someone if they feel suicidal will encourage suicide attempts.

Myth No.4 – Some people are always suicidal.

Myth No.5 – If a person has made previous attempts they won't do it for real.

Myth No.6 – When a person shows signs of feeling better, the danger is over.

Read more about these myths and the 'art of conversation' which is a guide to talking, listening and reducing stigma surrounding suicide [here.](#)