myths & facts

Myth: No one can stop a suicide; once it is chosen, it will take place.
Fact: If people in a crisis get the help they need, they will probably never be suicidal again.

Myth: Confronting a person about suicide will only make them angry and increase the risk of suicide.
Fact: Asking someone directly about suicide lowers anxiety, opens up communication and lowers the risk of an impulsive act.

Myth: Only experts can prevent suicide.
Fact: Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.

Myth: Suicidal people keep their plans to themselves.
Fact: Most suicidal people communicate their intent sometime during the week preceding their attempt.

Myth: Those who talk about suicide do not do it.
Fact: People who talk about suicide may try, or even complete, an act of self-destruction.

Myth: Once a person decides to complete suicide, there is nothing anyone can do to stop them.
Fact: Suicide is the most preventable kind of death, and almost any positive action may save a life.

Myth: If a suicidal youth tells a friend of a plan to commit suicide, the friend will tell an adult.
Fact: Most young people honor the "code of silence" and will not tell an adult.

If you know someone who exhibits these feelings, offer help!
If you experience any of these feelings, get help!

CALL TOLL FREE:
1-877-9WE-HELP (1-877-993-4357)

help & resources

National Resources
1-800-273-TALK
1-800-SUICIDE

Veterans Crisis Line
1-800-273-8255 and Press 1

Local Crisis Line
1-877-9WE-HELP

Suicide is Preventable

The Suicide Prevention Task Force of Schuylkill County
108 S. Claude A Lord Blvd.
Pottsville, PA 17901
Phone: (570) 621-2890
www.schuylkillvision.com/Partners/suicide-prevention-task-force.html

"While there's life, there's hope."
Marcus Tullius Cicero

"No matter how dark the moment, love and hope are always possible."
George Chakiris
get help with any of these feelings:

1. Call TOLL FREE: 1-877-993-4572
2. Support Group - HALOS Support Group
3. Contact your local crisis center.
4. Contact a friend or family member.
5. Contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

HALOS: Help Against Life's Overwhelming Struggles

HALOS Support Group

The Suicide Prevention Task Force

The mission of the Suicide Prevention Task Force is to promote and support suicide prevention efforts in Sangamon County through education, awareness, and community action and coordination.

Our Goal: To ensure that the community is equipped with the knowledge and resources to prevent suicide.

Message from the Chair:

We believe that suicide prevention is a collective effort, and we encourage all members of our community to play a role in promoting awareness and understanding of the issue.

Thank you for your support and commitment to making a difference in the lives of those affected by suicide.

Sangamon County Suicide Prevention Task Force Committee