



“What drives people to take their lives?” - One may probably wonder, be it after hearing about suicide or losing a close one.

Well, Experts say that suicidal thoughts surface when the pain in one’s life exceeds the resources available to cope with the pain.

But a question that often stands unsettled is “Why do they do it?” Is it because they are selfish or weak?

The answer is NO. Together, let’s debunk some myths about suicide as stated by **Psychologists** and learn how we can prevent suicide.

MYTH

People who are suicidal are weak.

FACT

Suicide is an attempt to escape physical & emotional pain. People with suicidal thoughts don't necessarily want to die; **they want the pain to stop.**



MYTH

People who attempt suicide have mental issues.

FACT

Not all individuals who think about suicide have a mental disorder. In fact, India is unique in reporting family issues as a major cause of suicides **apart from mental illness.**



MYTH

Asking if one is suicidal, triggers the behavior and encourages an individual.

FACT

WHO mentions that talking openly about suicide can give an individual "other options or the **time to rethink his/her decision, thereby preventing suicide**".



MYTH

Suicidal people never ask for help.

FACT

Such individuals may not ask for help directly, but there are **warning signs**, some being talking about wanting to kill oneself, that **we can look for and extend support.**



Busting myths about suicide is only the first step and to be able to prevent suicide, we must pledge to 'Be a Saviour'. Join us -



Suicide Prevention Kit

Train yourself in our exclusive e-learning module on suicide prevention. Learn warning signs, do's and don'ts, and more.



Hear from Suicide Survivors

"It's okay, take one day at a time. Try to find what you love and pursue that," says Akshaya, a suicide survivor.

If there's anything bothering you, help is only a click away. Talk to professional experts and seek guidance not just for yourself but also for others.

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If you have any concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com.

**Standing with you,
Team YourDOST**
