

## Suicide Myths and Facts

**Myth:** Suicide happens without warning.

**Fact:** There are almost always warning signs, but others are often unaware of the significance of the warnings or unsure about what to do.

**Myth:** Suicidal people are fully intent on dying. Nothing others do or say can help.

**Fact:** Suicide is preventable. Most suicidal people desperately want to live; they are just unable to see alternatives to their problems.

**Myth:** Once someone is suicidal, they are suicidal forever.

**Fact:** Most suicidal people are suicidal for only limited periods. However, someone who has made an attempt is at increased risk for future attempts.

**Myth:** Talking about suicide may give someone the idea.

**Fact:** You don't give a suicidal person morbid ideas by talking about suicide. The opposite is true - bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

If you are looking for help and you are feeling helpless, hopeless, depressed and need someone to talk to please call one of our help lines:

**Clearfield-Jefferson Crisis Hotline**  
available 24 hours  
1-800-341-5040

Call **911** or go to the  
closest **Emergency Room**

**[www.1istoomany.org](http://www.1istoomany.org)**

**Clearfield-Jefferson Suicide  
Prevention Team Inc.**  
PO Box 344  
DuBois, PA 15801

For more information call  
Community Connections of  
Clearfield/Jefferson Counties  
814-371-5100



**[www.facebook.com/CJSPT](http://www.facebook.com/CJSPT)**



**@CJSPTeam**



**"You must be the change  
you wish to see in the world."  
-Gandhi**

**[www.1istoomany.org](http://www.1istoomany.org)**

## Who We Are

The Clearfield-Jefferson Suicide Prevention Team is an IRS 501(C)3 charitable organization dedicated to reduce the occurrence of suicide within our two county area.

The Team wants to achieve this goal by promoting awareness and prevention by offering programs to the community at large.

We want to be able to provide prevention, intervention, and postvention trainings to any and all groups from the faith based community to the business community.

The Team wants to make suicide a topic we can freely talk about and not be in fear of.

We want everyone to learn how to identify the person who may be suicidal and then know what to say to get them the help they so desperately need.

Your participation adds strength to our efforts to advocate for solutions and combat stigma.

## What We Do

- Annual Suicide Prevention Walk
- Support Community Crisis Efforts
- Community Outreach and Education
- Supports Local School Efforts for Prevention
- Provide QPR Training to the Community (Question, Persuade, and Refer)
- Provide Materials to Hospitals, Funeral Directors and Pastors
- Provide Funding for Community Efforts
- Promote Awareness of Community Resources
- Partnership with Hospitals and Treatment Centers
- Provide Mental Health First Aid USA Training to the Community
- Provide Youth Mental Health First Aid USA to the Community

## Suicide Warning Signs

Talking about suicide, including making such statements as "I'm going to kill myself," "I wish I was dead" or "I wish I hadn't been born"

Getting the means to die by suicide, such as getting a gun or stockpiling pills

Withdrawing from social contact and wanting to be left alone

Having mood swings, such as being emotionally high one day and deeply discouraged the next

Being preoccupied with death, dying or violence

Feeling trapped or hopeless about a situation

Changing normal routine, including eating or sleeping patterns

Giving away belongings or getting affairs in order

Saying goodbye to people as if they won't be seen again

Increased use of alcohol or drugs

planting the **SEEDS** of hope...

