

# Suicide: Fact vs. Fiction

Suicide is the 12th leading cause of death overall in the U.S.

In 2021:

**48,183** people died by suicide in the U.S.

That is 1 death every **11 minutes.**

**12.3** million adults seriously thought about suicide.

**3.5** million adults made a plan.

**1.7** million adults attempted suicide.

## 5 Myths on Suicide

It's time to start talking and break the stigma surrounding suicide.

**"Suicide is rare. We don't have to worry about it."**

48,183 people committed suicide in 2021 and 1.7 million attempted. Medical professionals believe the true numbers are likely even higher due to unreported attempts.

**"People that talk about suicide don't actually do it."**

Communication about suicide often precedes attempts. Talking about suicide may communicate intent and danger, and is asking for help.



**"People who attempt a lot aren't a real risk."**

Previous suicide attempts are a major risk factor. People who have previously attempted suicide are 38 times more likely to commit suicide.

**"Talking to people about suicide is dangerous."**

The best way to help with suicide is to address it. Talking about it can help to relieve shame and work towards helping with the problems that are causing a person so much distress.

**"There's no way to help suicidal people."**

There are multiple evidence-based treatments for suicidal ideation and suicidality.

At Malvern Behavioral Health, we provide focused recovery and compassionate care for individuals struggling with suicidal ideations, suicidality, and other behavioral health issues.