

# SUICIDE INFORMATION QUESTIONNAIRE

Check (T) or False (F)

T    F            1.     People who talk about suicide don't really go through with it.

**FALSE:** Almost everyone who commits or attempts suicide has given some sort of warning sign. It is important not to ignore these calls for help.

T    F            2.     Talking about suicide may give a person the idea to kill himself or herself.

**FALSE:** Talking about suicide will not give people the idea to kill themselves. In fact, if a person is feeling suicidal, they will feel relieved to be able to discuss it openly and this can be one of the most helpful things you can do.

T    F            3.     Females attempt suicide more often than males.

**TRUE:** Females attempt more often than males, while males complete suicide more often than females. In general, females use a less lethal means, while males tend to use more lethal (deadly) means. However, for completed suicides regardless of gender, firearms are the most frequent method.

T    F            4.     If a teen wants to kill him/herself, there is nothing you can do to stop them.

**FALSE:** Most teens that talk about suicide don't want to die. They are looking for a way to stop the pain. If they can find appropriate coping skills, suicide stops being an option.

T    F            5.     The predominant feelings of most suicidal people are feelings of helplessness and hopelessness.

**TRUE:** At the time someone feels suicidal, they are overwhelmed with feelings of helplessness (the problem is not getting better) and hopelessness (the problem is not going away).