How much do you know about suicide?
1. Suicidal talk is just attention-seeking

True  or  Not True
Not True

Talking about hurting or killing oneself is a warning sign of a suicide attempt. Not everyone who attempts suicide will signal his/her intention, but just because someone is talking about suicide does not mean he/she are not going to do it.
2. Someone who is suicidal is determined to die.

True or Not True
Not True

Suicidal individuals are often ambivalent about living or dying. Not all suicidal individuals want to end their lives. They may be experiencing anxiety, depression, exhaustion and hopelessness. Access to emotional support at the right time can prevent suicide.
3. Men are more likely than women to take their own lives.

True  or  Not True
The global Male: Female ratio of age-standardised suicide rate was 1.7 per 100 000 population in 2015, meaning there were more male suicides than female suicides. In Singapore, of the 409 people who took their lives in 2015, 66% were men.

(Sources: WHO Global Health Observatory data, Registry of births and deaths. Immigration and Checkpoints Authority. Singapore)
4. Talking about suicide or asking someone if they feel suicidal will push them into doing it.

True or Not True
Not True

Asking about suicidal thoughts or feelings will NOT push someone into doing something self-destructive. Talking openly about it shows that you care that you are taking the person seriously and that you are willing to help the person. It may reduce their risk of acting on suicidal feelings.
5. Are ‘copycat’ suicides real? 

True or Not True
Social behavior is contagious and influential. The way individuals or media present stories on suicide can have a direct influence on the perception of suicide and its related mental health issues. It may trigger some others, who may or may not already been having suicidal thoughts.

When writing or reporting about suicide, it is advisable to avoid explicit details of the method or location of any particular suicide. It is encouraged to prevent the use of language that glamorises, sensationalises, normalises or dramatises suicide and self-harming behaviour, or present suicide as a solution to problems. Always highlight the treatments and alternatives to suicide, such as providing information on support services and helplines.
6. Depression is always the cause of suicide.

True or Not True
Suicidal behaviour indicates deep unhappiness but not necessarily depression. Many people who suffer from depression or other mental disorders are not affected by suicidal behaviours, and not all people who take their lives have a mental disorder.
Thank you for taking the quiz.

Take a few minutes to reach out to someone who is hurting – be it your family or friend. It may help save a life of someone who is contemplating suicide.