



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: Most people who commit suicide are depressed.
2. True or false: Suicide rates increase during the teen years.
3. True or false: People who talk about killing themselves don't go through with it. They're just looking for attention.
4. True or false: It's not a good idea to ask whether someone is thinking about suicide because it plants the idea in the person's head.
5. True or false: If you think a friend is in immediate danger of harming himself or herself, you shouldn't leave him or her alone.
6. True or false: If your friend tells you she's considering suicide and swears you to secrecy, you have to keep your promise.
7. True or false: The best way to help someone who's thinking about suicide is to get him or her to talk with a trusted adult or counselor, or call a suicide crisis line (like 1-800-SUICIDE).
8. True or false: If your friend is talking about suicide, it's best to wait a few weeks before talking about it to see if he or she starts to feel better.
9. True or false: Once a person is suicidal, he or she is suicidal forever.
10. True or false: Most suicides occur without warning signs.