

# 1,120 died by suicide in 2020

**40,000** National Suicide Prevention Lifeline calls  
**26,000** Crisis Text Line conversations

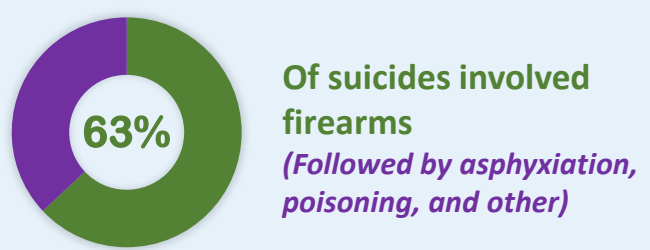
# Suicide in Missouri: Where We Stand

Sources: Center for Disease Control and Prevention; Conner, Azrael, Miller (2019); Darron (2021); Missouri Department of Health and Senior Services; Missouri Institute of Mental Health – University of Missouri St. Louis; University of Missouri – Partners in Prevention; U.S. Dept. of Veterans Affairs.



**highest suicide rate in the nation**

## Lethal Means

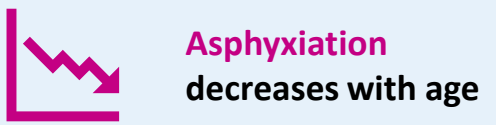
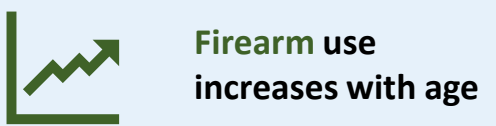


**Firearms** are the most lethal means; 90% of those who use a firearm die



**Males** more likely to use firearms

**Females** more likely to use self-poisoning

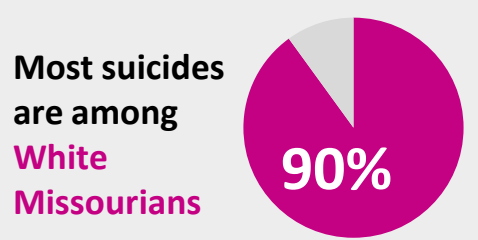


Most firearm deaths are **suicides**  
 Followed by **homicides** and **accidents (2%)**

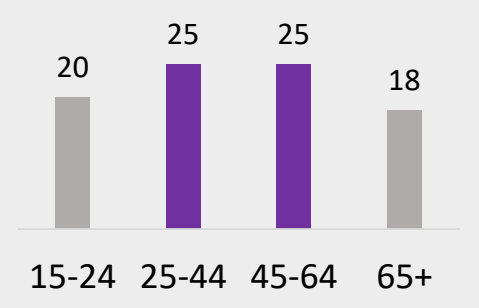


## Demographics

**Male** suicide rate is roughly **4x higher**



The majority of suicides are between ages **25-64**



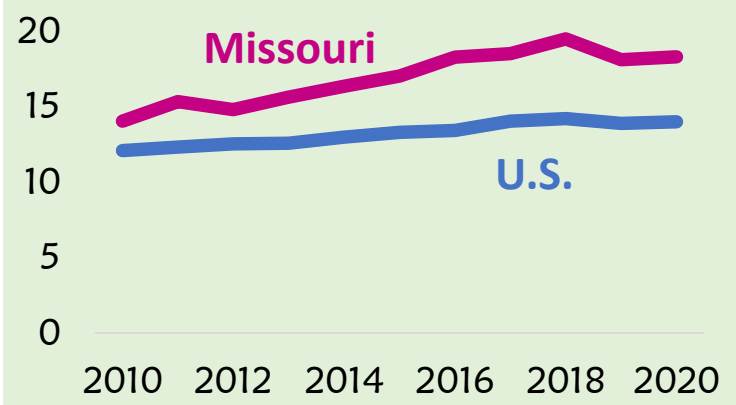
Rural suicide rates are **slightly higher** than urban



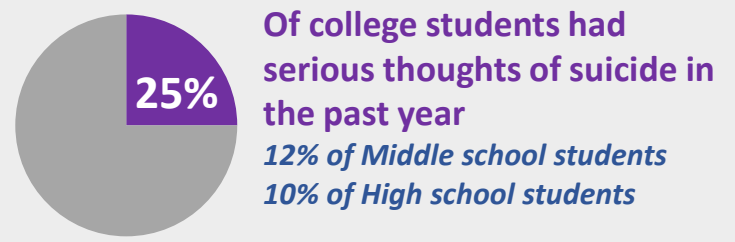
Highest numbers in **St. Louis Metro** and **Kansas City**



**Missouri suicide rates** are consistently higher than those in the United States



## Youth Suicidal Ideation



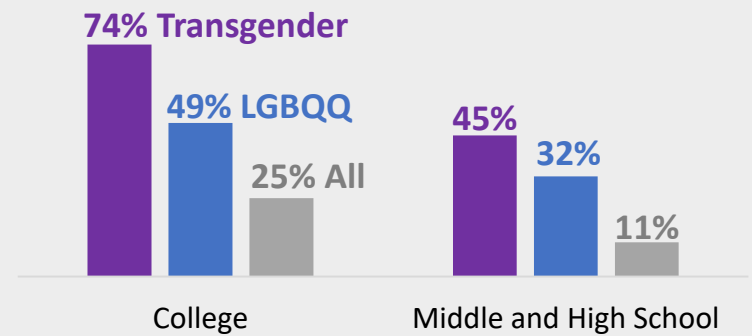
- ### Top 3 Barriers to Seeking Help
- Among suicidal college students
- × "I do not think I need any assistance" (42%)
  - × "I feel shame" (41%)
  - × "I am afraid that people will judge me" (35%)

**51%** of college students were **"Very Likely"** to refer someone who says they are thinking about suicide to a local resource

**only 21%** of college students were **"Very Likely"** to bring up the topic of suicide with someone they think is at risk

*However...*

High percentage of sexual and gender minority youth seriously considered suicide last year



## Veterans



Missouri veteran suicide rates are nearly **three times higher** than US general population

Highest suicide rates were among **young veterans**

**16%** of all suicides in 2018 were **veteran suicides**