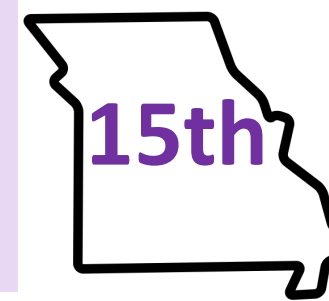


Over 1,200 died by suicide in 2022

Over **38,000** 988/National Suicide Prevention Lifeline calls, texts, and chats (2022)

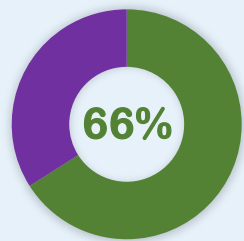
# Suicide in Missouri: Where We Stand 2023

Sources: Center for Disease Control and Prevention (2022); Conner, Azrael, Miller (2019); Missouri Department of Health and Senior Services (2022); Missouri Institute of Mental Health – University of Missouri St. Louis (2022); University of Missouri – Partners in Prevention (2020, 2022, 2023); U.S. Dept. of Veterans Affairs (2020); Vibrant (2022).



highest suicide rate in the nation (2022)

## Lethal Means



Of suicides involved firearms (Followed by asphyxiation, poisoning, and other)

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



71%

Both males and females use firearms more than any other method to kill themselves



45%



Firearm use increases with age



Asphyxiation decreases with age

Most firearm deaths are suicides Followed by homicides and accidents (1%)

806 suicides (55%)

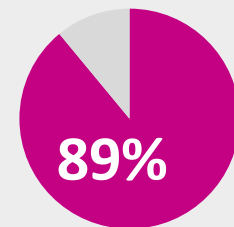
629 homicides (43%)

## Demographics

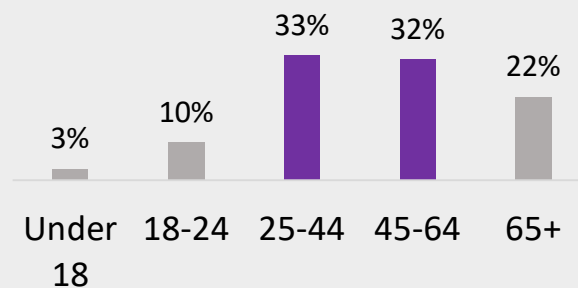


Male suicides are roughly 4x higher than female suicides

Most suicides are among White Missourians



The majority of suicides are between ages 25-64



Rural suicide rates are higher than urban



Highest numbers in St. Louis Metro and Kansas City

## Youth Suicidal Ideation

25% of college students had serious thoughts of suicide in the past year  
13% of high school students  
11% of middle school students



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

However...



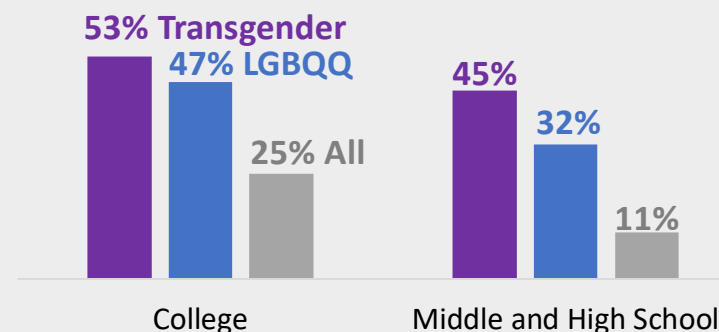
only 21% of college students were "Very Likely" to bring up the topic of suicide with someone they think is at risk

## Top 3 Barriers to Seeking Help

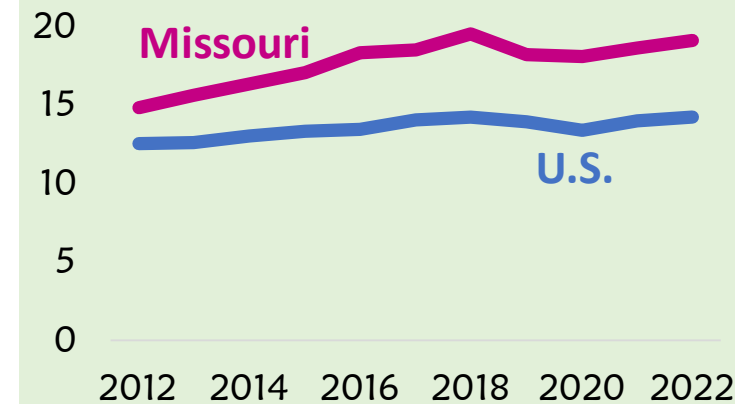
Among suicidal college students

- × "I do not think I need any assistance" (42%)
- × "I feel shame" (41%)
- × "I am afraid that people will judge me" (35%)

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



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



3<sup>rd</sup>

leading cause of death for Missourians aged 10-34

## Veterans



Missouri veteran suicide rates are slightly more than two times higher than US general population

Highest suicide rates were among young veterans

15% of all suicides in 2020 were veteran suicides