



Suicide Prevention

Facts and Resources in the Saint Louis Region*

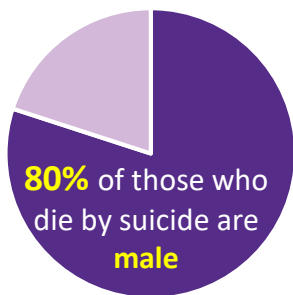
More than 350 people in the St. Louis region died by suicide in 2022

More than **1 in 3** firearm deaths in the region were **suicides**

Suicide is the **15th** leading cause of death in St. Louis

4th leading cause of death for 10-17 year olds

Nearly **70%** of all suicides involve firearms



Regional suicide rates declined by **7%** from 2020 to 2021

Suicide rates have increased by **12%** since 2012

1 in 10 middle school
1 in 7 high school
1 in 4 college students **seriously consider suicide**

Warning Signs of Suicide

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Displaying extreme mood swings or rage
- Giving away prized possessions
- Losing interest in things, or losing the ability to experience pleasure
- Displaying sudden and uncharacteristic calm

How to help someone who is suicidal

1. Recognize the warning signs
2. Reach out and ask, "Are you OK?"
3. Be direct: Ask about suicide
4. Assess risk and don't panic: Suicidal feelings aren't always an emergency
5. If it's a crisis, offer to call, text, or chat 988 with them
6. Listen and offer hope
7. Help them create a plan to keep them safe
8. Help them navigate getting connected to mental health services
9. Explore tools and support online

For more information, go to the Missouri Suicide Prevention website (mospn.org).

*The St. Louis Region includes St. Louis city and county, St. Charles county, Jefferson county, and Franklin county.

Suicide Prevention Resources



Suicide Prevention Lifeline

Need to talk or get immediate help in a crisis? Help is available. If you or someone you know needs assistance, reach out by calling or texting 988, or chatting at [988lifeline.org/chat](https://www.988lifeline.org/chat).

Press 1 for Veterans, 2 for Spanish, or 3 for LGBTQ+ support

Text the Veterans Crisis Line at 838-255 or chat at <https://www.veteranscrisisline.net/get-help-now/chat/>



Scan the QR code to visit missouri988.org



**St. Louis Regional
Suicide Prevention
Coalition**

St. Louis Regional Suicide Prevention Coalition

Local Suicide Prevention Champions promoting a suicide-safer community through education, support, resources, and advocacy.
www.stlsuicideprevention.org



ASK



LISTEN



REFER

A statewide online suicide prevention training program.

moasklistenrefer.org



Call 1-866-488-7386

Text 'START' to 678-678

Chat online at

<https://www.thetrevorproject.org/get-help/>



Suicide Prevention Resource Center

A federally supported resource center devoted to advancing the National Strategy for Suicide Prevention
sprc.org



Trans Lifeline

1-877-565-8860

translifeline.org

For more information about suicide prevention resources in Missouri, go to the Missouri Suicide Prevention Network website (<https://www.mospn.org/>). For information about resources in the St. Louis area, go to the St. Louis Regional Suicide Prevention Coalition website (<https://www.stlsuicideprevention.org/>).

*Mortality data are from CDC's WISQARS Database (2022) and the Missouri Department of Health and Senior Services (2022). Missouri Student Survey (MIMH) and the Missouri Assessment of College Health Behaviors (Partners in Prevention) data are from 2022. [How to help someone at risk of suicide \(NPR\)](#).

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