Suicide Prevention

Facts and Resources in the Saint Louis Region*

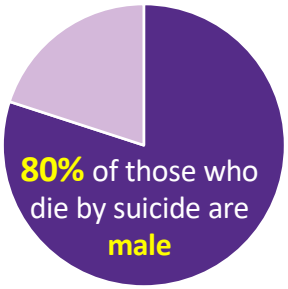
More than **300 people in the St. Louis region** died by suicide in 2019

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

Suicide is the **12th** leading cause of death in St. Louis

2nd leading cause of death for 10-17 year olds

Nearly **60%** of all suicides involve firearms



Regional suicide rates declined by **4%** from 2018 to 2019

Suicide rates have increased by **20%** since 2010

1 in 7 middle school
1 in 5 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

Safe-T Suicide Assessment 5-Step Evaluation

1. **Identify Risk Factors**
   Note those that can be modified to reduce risk
2. **Identify Protective Factors**
   Note those that can be enhanced
3. **Conduct Suicide Inquiry**
   Note suicidal thoughts, plans, behaviors, and intent
4. **Determine Risk Level/Intervention**
   Choose appropriate interventions to address and reduce risk
5. **Document**
   Record your assessment of risk rationale, intervention, and follow-up

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

Suicide Prevention Resources

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Suicide Prevention Lifeline

24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

suicidepreventionlifeline.org

RED NACIONAL de PREVENCIÓN del SUICIDIO
1-888-628-9454
prevenciondelsuicidio.org

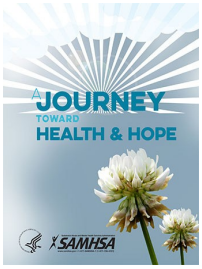
St. Louis Regional Suicide Prevention Coalition

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

St. Louis Regional Suicide Prevention Coalition

A Journey Toward Health and Hope: Your Handbook for Recovery after a Suicide Attempt

Provides guidelines for working with suicidal adults living with substance use disorders.
store.samhsa.gov/shin/content/SMA15-4419/SMA15-4419.pdf



A statewide online suicide prevention training program.
www.moasklistenrefer.org

CRISIS TEXT LINE

Text MOSAFE to 741741 to text with a Crisis Counselor.

crisistextline.org

Veterans Crisis Line
1-800-273-8255 PRESS 1
veteranscrisisline.net

VET to VET USA
Gladly Teach, Gladly Learn

Vet2Vet Hotline
1-877-838-2838

THE TREVOR PROJECT
LGBTQ CRISIS HOTLINE
Call 1-866-488-7386

Trans Lifeline
1-877-565-8860
translifeline.org

Contact the Lifeline via TTY by dialing 800-799-4889.
suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing

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/).

All data come from the Missouri Department of Health and Senior Services, the CDC's WISQARS database, Missouri Student Survey (MIMH), and the Missouri Assessment of College Health Behaviors (Partners in Prevention).

This brief was created for the St. Louis Regional Suicide Prevention Coalition (www.stlsuicideprevention.org) by the Missouri Institute of Mental Health at the University of Missouri-St. Louis. For more information, please contact Dr. Liz Sale at liz.sale@mimh.edu.

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