



# SUICIDE PREVENTION

Facts and Resources in Missouri\*

More than **1,100 Missourians** died by suicide in 2019

**4 people**  
die by suicide



every day  
in Missouri

Suicide is the  
**9th**

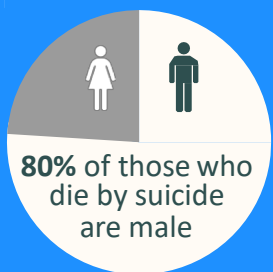
leading cause  
of death in  
Missouri

**2nd**

leading cause of  
death for  
10-17 year olds

**60%**

of all suicides  
involve  
firearms



**80%** of those who  
die by suicide  
are male

Missouri suicide  
rates declined  
by 7.2% from  
2018 to 2019.

Suicide rates  
have increased by

**29%**

since 2010

**1 in 10** Middle School  
**1 in 10** High School  
**1 in 4** College Students

**Seriously  
Consider  
Suicide**

## 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

## 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

# Suicide Prevention Resources



**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](http://suicidepreventionlifeline.org)



## Suicide Prevention Resource Center

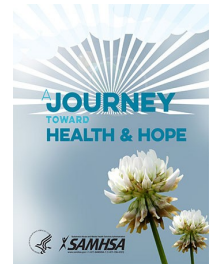
A federally supported resource center devoted to advancing the National Strategy for Suicide Prevention  
[sprc.org](http://sprc.org)



## 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](http://store.samhsa.gov/shin/content/SMA15-4419/SMA15-4419.pdf)



A statewide online suicide prevention training program.

[www.moasklistenrefer.org](http://www.moasklistenrefer.org)

## CRISIS TEXT LINE |

Text MOSAFE to 741741 to text with a Crisis Counselor.

[crisistextline.org](http://crisistextline.org)



1-877-565-8860  
[translifeline.org](http://translifeline.org)



Contact the Lifeline via TTY by dialing 800-799-4889.  
[suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing](http://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing)

For more information about suicide prevention resources in Missouri, go to <https://dmh.mo.gov/mental-illness/suicide/prevention> or contact Stacey Williams, Suicide Prevention Coordinator, Missouri Department of Mental Health ([Stacey.Williams@dmh.mo.gov](mailto:Stacey.Williams@dmh.mo.gov)).

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