
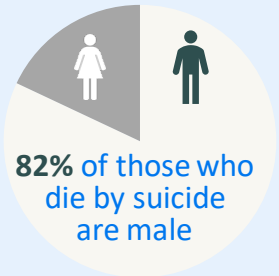




# SUICIDE PREVENTION

Facts and Resources in Missouri\*

Nearly **1,100 Missourians** died by suicide in 2023

|   |   |  |   |
|---|---|--|---|
| <p><b>3 people</b><br/>die by suicide<br/><br/>every day<br/>in Missouri</p> | <p>Suicide is the<br/><b>10<sup>th</sup></b><br/>leading cause<br/>of death in<br/>Missouri</p> | <p><b>2<sup>nd</sup></b><br/>leading cause of<br/>death for 18–34-<br/>year-olds</p> | <p><b>66%</b><br/>of all suicides<br/>involve<br/>firearms</p>  |
| <p><br/><b>82%</b> of those who<br/>die by suicide<br/>are male</p>         | <p><b>Over half</b><br/>of all firearm-<br/>related deaths<br/>in Missouri are<br/>suicides</p> | <p>Suicide rates have<br/>increased by<br/><b>26%</b><br/>since 2012</p>             | <p><b>1 in 10</b> Middle School<br/><b>1 in 8</b> High School<br/><b>1 in 4</b> College Students<br/><br/><b>Seriously<br/>Consider<br/>Suicide</b></p> |

## 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 getting them connected to mental health services
9. Explore tools and support online

For more information, go to the Missouri Suicide Prevention website ([mospn.org](http://mospn.org)).

## 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

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://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](https://missouri988.org)



## Suicide Prevention Resource Center

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



ASK



LISTEN



REFER

A statewide online suicide prevention training program.  
[moasklistenrefer.org](https://moasklistenrefer.org)



Call 1-866-488-7386

Text 'START' to 678-678

Chat online at

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



## Trans Lifeline

1-877-565-8860

[translifeline.org](https://translifeline.org)



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

\*Mortality data are from CDC's WISQARS Database (2021) and the Missouri Department of Health and Senior Services (2023). 2023 mortality data are provisional. 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 \(NPR\)](#).

This brief was created 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](mailto:liz.sale@mimh.edu)

