



SUICIDE PREVENTION

Facts and Resources in Missouri*

More than **1,174 Missourians** died by suicide in 2021

3 people
die by suicide

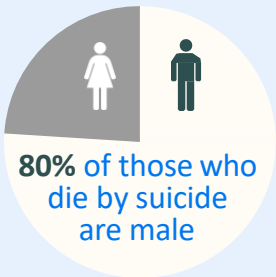


every day
in Missouri

Suicide is the
16th
leading cause
of death in
Missouri

3rd
leading cause of
death for 10-17
year olds

63%
of all suicides
involve
firearms



Half
of all firearm-
related deaths
in Missouri are
suicides

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

Dial 988 to be connected with a mental health professional. Veterans press 1.

suicidepreventionlifeline.org



Vet2Vet Hotline

1-877-838-2838



A statewide online suicide prevention training program.

moasklistenrefer.org



Suicide Prevention Resource Center

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

sprc.org



Contact the Lifeline via TTY by dialing 800-799-4889.

suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing

CRISIS TEXT LINE |

Text HOME to 741741 to text with a Crisis Counselor.

crisistextline.org



Call 1-866-488-7386



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/>).

Means and rate data are from CDC's WISQARS Database (2020), 2021 data are from MO Department of Health and Senior Services, Missouri Student Survey (MIMH), and the Missouri Assessment of College Health Behaviors (Partners in Prevention) data are from 2022.

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