



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

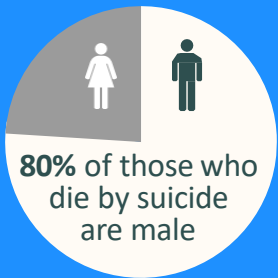
leading cause
of death in
Missouri

2nd

leading cause of
death for
10-17 year olds

60%

of all suicides
involve
firearms



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



Suicide Prevention Resource Center

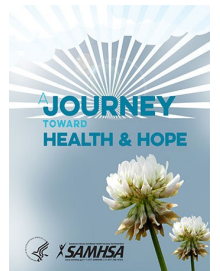
A federally supported resource center devoted to advancing the National Strategy for Suicide Prevention
sprc.org



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



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



Vet2Vet Hotline

1-877-838-2838



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 <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).

This brief was produced by researchers at MIMH for the Missouri Department of Mental Health (DMH) under SAMHSA grant number 5H79SM062907. The views, opinions and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS, and should not be construed as such. For questions or more information about this brief, email liz.sale@mimh.edu.