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 students
1 in 5 high school students
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

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

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

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

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

Vet2Vet Hotline
1-877-838-2838

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

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

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.