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

**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

**Suicide is the 9th leading cause of death in Missouri**

Missouri suicide rates have increased by 29% since 2010.

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

**Seriously Consider Suicide**

*All data come from the CDC’s WISQARS Database or Missouri Department of Health and Senior Services*
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

**Suicide Prevention Resource Center**
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

**Veterans Crisis Line**
1-800-273-8255 PRESS 1
veteranscrisisline.net

**Vet2Vet Hotline**
1-877-838-2838

**The Trevor Project**
**LGBTQ CRISIS HOTLINE**
Call 1-866-488-7386

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

**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).

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