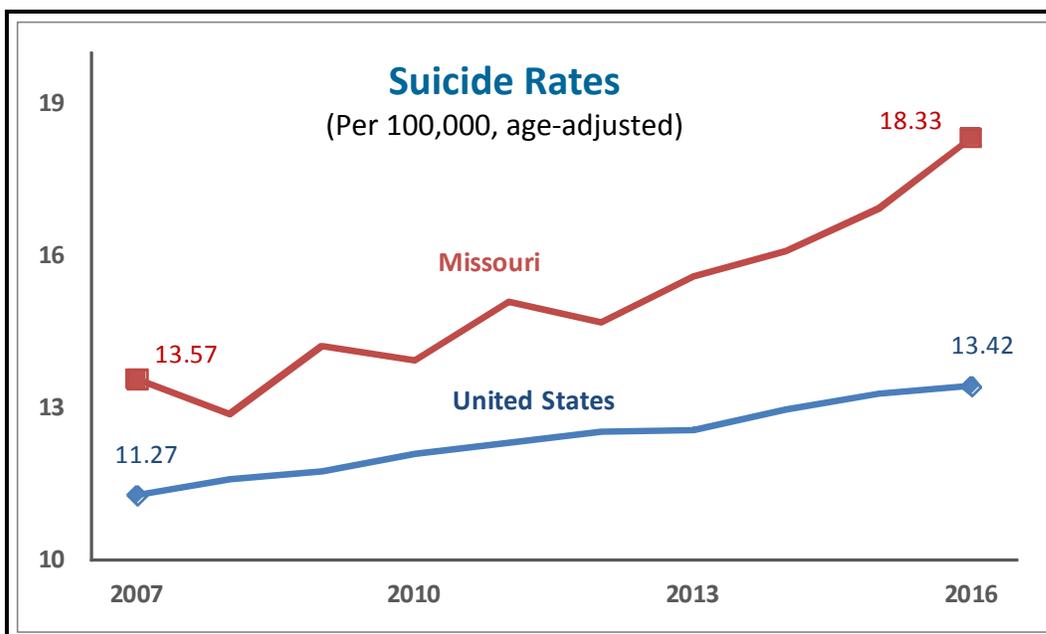
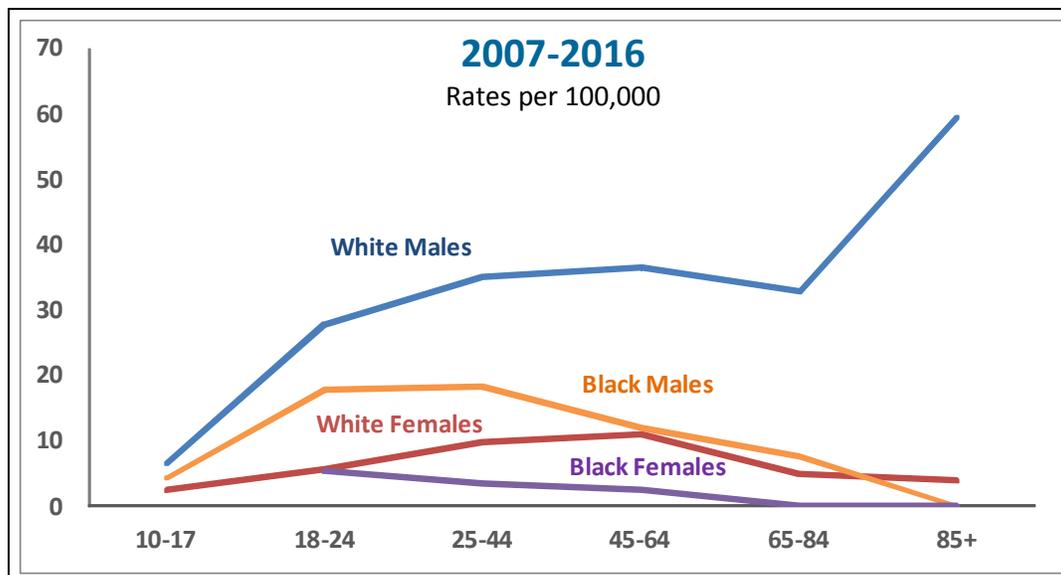


Suicide in Missouri: Where We Stand

- ◆ **Missouri is ranked 14th highest** in the nation with a rate of 18.33 (per 100,000, age-adjusted). The national rate is 13.42.
- ◆ **Over 1,000** Missourians died by suicide in 2016.*
- ◆ On average, **1 person dies by suicide every 8 hours** in Missouri.
- ◆ **Suicide is the 10th leading cause of death** in Missouri and nationally:
 - ◆ **2nd** leading cause of death among 10-34 year-olds
 - ◆ **4th** leading cause of death among 35-54 year-olds
- ◆ Rates have **increased by over 30%** since 1999.
- ◆ In 2016, **76%** of those who died by suicide were **male** and **92%** were **Caucasian**.
- ◆ **57%** of all suicides in 2016 involved **firearms**, followed by suffocation (24%) and poisoning (14%).**



Suicides by Age, Race, and Gender



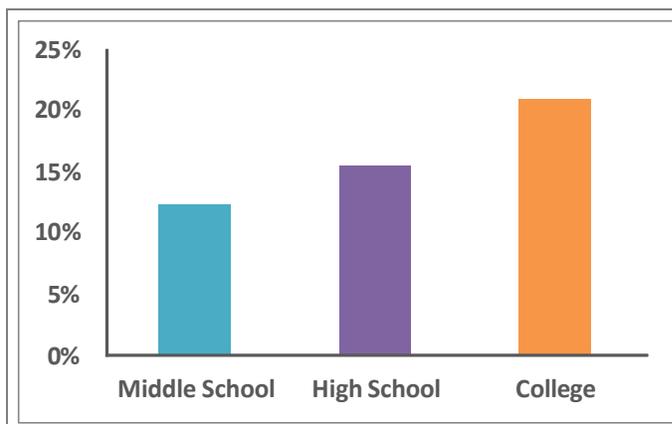
- ◆ Suicide rates are highest among Caucasian men between 45-54 and those 75 and older.
- ◆ Rates for Caucasian women peak between 45-64 and then decline, with consistent rate 65 and older.
- ◆ Rates peak for African American men between 18 and 44 and then steadily decline.

Suicides Among Youth and Young Adults: 10-24

- ◆ 2nd leading cause of death in Missouri among youth/young adults ages 10-24 in 2016.
 - ◆ Among this age group, suicides are highest among 20-24 year-olds.
- ◆ Rates have remained relatively unchanged since 1999.
- ◆ One out of eight (12%) middle school students seriously considered suicide in the past year, 9% planned a suicide, and 6% attempted suicide (Missouri Student Survey (MSS), 2017).
- ◆ Among high school students, one in six (16%) seriously considered suicide, 13% planned a suicide, and 6% attempted suicide. Ideation rates for females were higher than for males (18% vs. 10%) (MSS, 2017).
- ◆ One in five college students (21%) reported seriously considering suicide in the past year (Missouri Assessment of College Health Behaviors (MACHB), 2018).
- ◆ Full-time students ages 18-22 were less likely to attempt suicide than others their age (NSDUH, 2013).

- ◆ LGBTQ college students were more than two times more likely to have had suicidal thoughts than non-LGBTQ students, and were almost five times as likely to have made a suicide attempt (41% vs. 18%) (MACHB, 2018).

Suicidal Ideation: Students who "Seriously Considered Suicide" in the Past Year (2017)

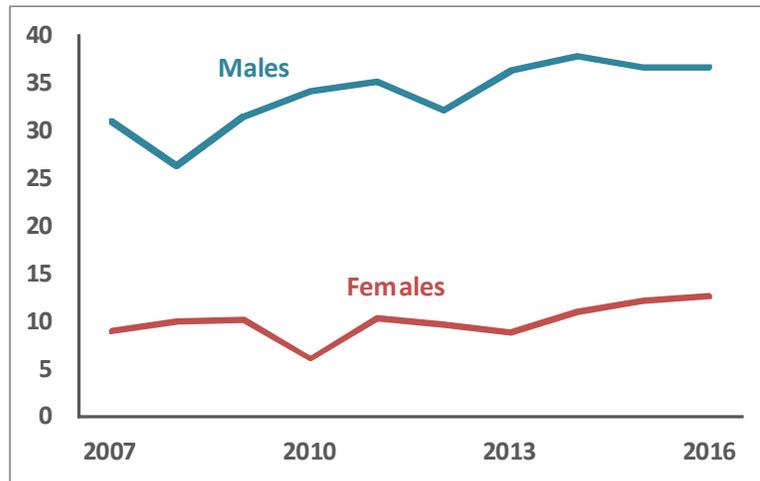


Suicides Among Middle-Age Adults: 45-64

- ◆ The suicide rate for 45-64 year-old males rose from 31.05 per 100,000 in 2007 to 36.62 in 2016.
- ◆ To a lesser extent, rates have also climbed among females, from 9.02 in 2007 to 12.65 in 2016.

Missouri Suicide Rates Ages 45-64 (2007-2016)

Rates per 100,000



- ◆ Most at risk for suicide are Caucasian males, whose rates increased from 33.88 to 39.54 per 100,000 between 2007 and 2016.

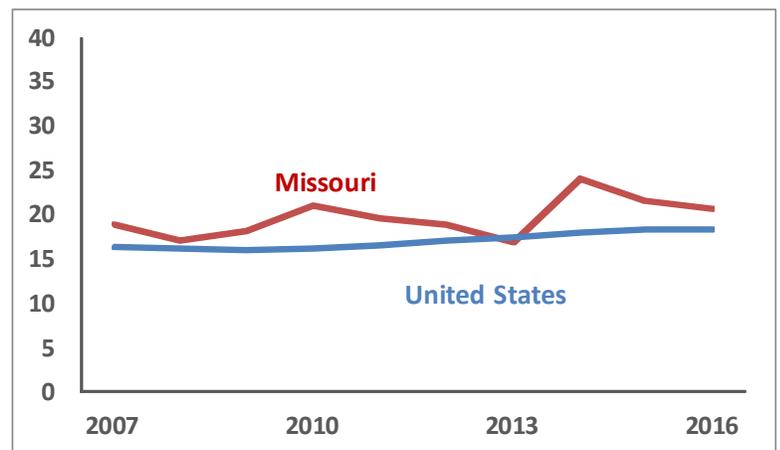
- ◆ Suicide rates for African American males have increased from 8.97 to 9.63 per 100,000 between 2007 and 2016.

For additional information on this population, including what the Missouri Department of Mental Health is doing and how you can help, go to www.helphimstay.org

Suicides Among Adults 75 and Older

Missouri Suicide Rates Ages 75 and Older (2007-2016)

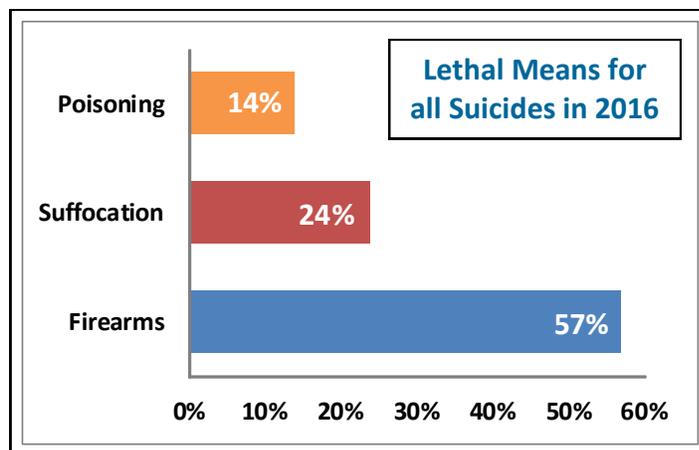
Rates per 100,000



- ◆ Between 2007 and 2016, 784 older adults killed themselves in Missouri. 89% were male.
- ◆ Of Missourians in this age group, the suicide rate is highest among white males.
- ◆ Suicide rates among older adults in Missouri have fluctuated since 2007. Rates were highest in 2014 and 2015 compared to prior years, but have declined in 2015 and 2016.

Means of Suicide**

- ◆ Firearms were the primary means for adults (58%) and youth under 18 (55%) in 2016.
- ◆ Males were more likely than females to use a firearm (68% vs. 37%).
- ◆ Females were more likely than males to use poisoning (29% vs. 10%) and suffocation (27% vs. 23%).
- ◆ 61% of Caucasian men ages 45-64 and 84% of Caucasian men ages 75 and older used firearms to end their lives.



Intentional Self-Injuries***

- ◆ In 2015, 6,352 Missourians were treated in emergency rooms or were hospitalized for intentional self-injuries.
- ◆ Poison or drug/alcohol overdose accounted for 69% of intentional self-injuries; 16% were cutting or piercing behaviors.
- ◆ From 2001 to 2011, intentional self-injuries rose significantly. Since then, they have declined steadily.
- ◆ In 2015, there was one suicide for every six intentional self-injuries.
- ◆ Self-injury is most common among females 15-17, where rates are more than twice that of males of the same age.
- ◆ Males and females 20 and older have similar intentional self-injury rates.
- ◆ 64% of all poisoning/overdoses were by females.
- ◆ 84% of all firearm self-injuries were by males.
- ◆ The rate of intentional self-injury declined as age increased, regardless of race or sex.

Want more information about Suicide Prevention in Missouri?

<https://dmh.mo.gov/mentalillness/suicide/prevention.html>

or contact Stacey Williams, Suicide Prevention Coordinator,

Missouri Department of Mental Health

Stacey.Williams@dmh.mo.gov

Do you or a loved one need help NOW? Call the National Suicide Prevention Lifeline.

NATIONAL SUICIDE PREVENTION LIFELINE
 1-800-273-TALK (8255)
suicidepreventionlifeline.org

*Suicide rates and means data are from the Center for Disease Control's Web-based Injury Statistics Query and Reporting System (WISQARS). **"Firearms" include pistols, rifles, and shotguns; "Suffocation" includes hanging and asphyxiation; "Poisoning" includes drug overdoses; "Other" includes jumping, cutting, drowning, and unspecified/other. ***Intentional self-injury data are from the Missouri Information for Community Assessment (MICA) Injury Data, 2015. Some but not all intentional self-injuries are suicide attempts and many suicide attempts do not result in in-patient or Emergency Department admissions.

Missouri Institute of Mental Health at the University of Missouri-St. Louis

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