



# SUICIDE PREVENTION

Facts and Resources in Missouri\*

More than **1,000 Missourians** died of suicide in 2016

1 person dies by  
suicide



**every 7 hours** in  
Missouri

Suicide is the

**10th**

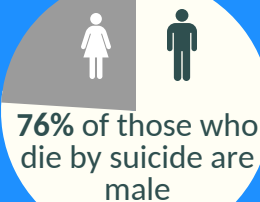
leading cause  
of death in  
Missouri

and the  
**2nd**

leading cause  
of death for  
ages 10-34

**57%**

of suicides in  
Missouri  
involve  
firearms



**76%** of those who  
die by suicide are  
male

## Rates of Suicide

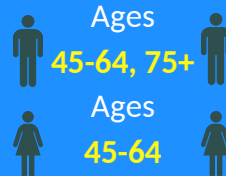
National: **13.42\***

Missouri: **18.33\***

White Males in  
Missouri: **39.54\***

(\*per 100,000)

## Highest Rates of Suicide (per 100,000)



Ages

**45-64, 75+**

Ages

**45-64**

**1 in 8** Middle School,  
**1 in 6** High School, and  
**1 in 5** 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
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Losing interest in things, or losing the ability to experience pleasure

# 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](http://suicidepreventionlifeline.org)



## Suicide Prevention Resource Center

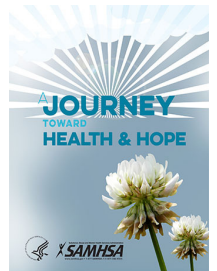
A federally supported resource center devoted to advancing the National Strategy for Suicide Prevention  
[sprc.org](http://sprc.org)



## A Journey Toward Health and Hope: Your Handbook for Recovery after a Suicide Attempt

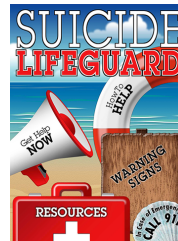
Provides guidelines for working with suicidal adults living with substance use disorders.

[store.samhsa.gov/shin/content/SMA15-4419/SMA15-4419.pdf](http://store.samhsa.gov/shin/content/SMA15-4419/SMA15-4419.pdf)



A statewide online suicide prevention training program.

[moasklistenrefer.org](http://moasklistenrefer.org)



## Suicide Lifeguard App

A FREE app with resources intended for anyone concerned that someone they know may be thinking of suicide.

[mimhtraining.com/suicide-lifeguard](http://mimhtraining.com/suicide-lifeguard)



For more information about suicide prevention resources in Missouri, go to <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](mailto:Stacey.Williams@dmh.mo.gov)).

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