



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**

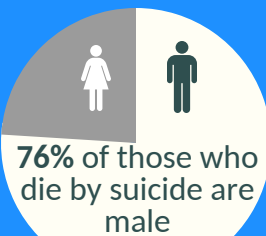
leading cause of death in Missouri

and the **2nd**

leading cause of death for ages 10-34

57%

of suicides in Missouri involve firearms



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



Suicide Prevention Resource Center

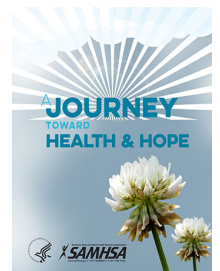
A federally supported resource center devoted to advancing the National Strategy for Suicide Prevention
sprc.org



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

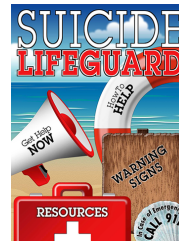
Provides guidelines for working with suicidal adults living with substance use disorders.

store.samhsa.gov/shin/content/SMA15-4419/SMA15-4419.pdf



A statewide online suicide prevention training program.

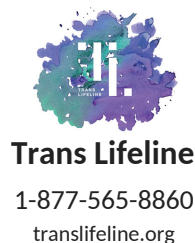
moasklistenrefer.org



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



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).

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