

1,120 died by suicide in 2020

40,000 National Suicide Prevention Lifeline calls  
26,000 Crisis Text Line conversations

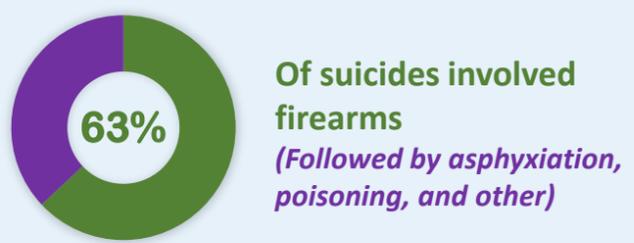
# Suicide in Missouri: Where We Stand

Sources: Center for Disease Control and Prevention; Conner, Azrael, Miller (2019); Darron (2021); Missouri Department of Health and Senior Services; Missouri Institute of Mental Health – University of Missouri St. Louis; University of Missouri – Partners in Prevention; U.S. Dept. of Veterans Affairs.



highest suicide rate in the nation

## Lethal Means



Firearms are the most lethal means; 90% of those who use a firearm die



Males more likely to use firearms

Females more likely to use self-poisoning



Most firearm deaths are suicides followed by homicides and accidents (2%)

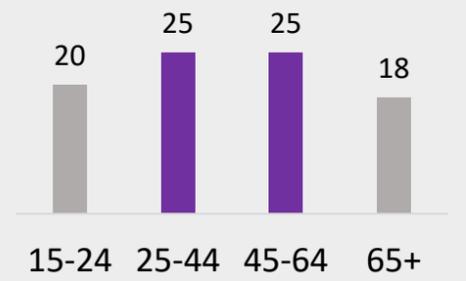


## Demographics

Male suicide rate is roughly 4x higher

Most suicides are among White Missourians 90%

The majority of suicides are between ages 25-64



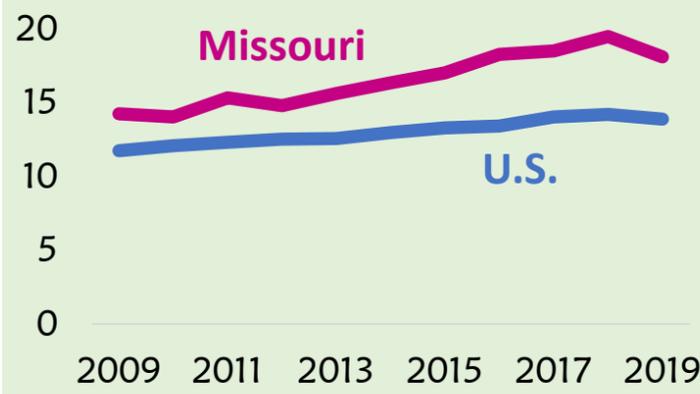
Rural suicide rates are slightly higher than urban



Highest numbers in St. Louis Metro and Kansas City



Missouri suicide rates are consistently higher than those in the United States



## Youth Suicidal Ideation

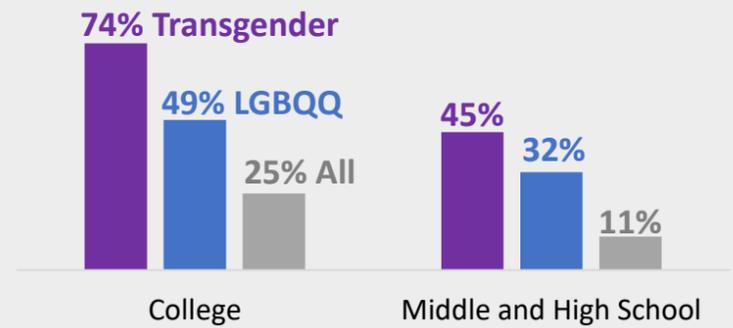
25% of college students had serious thoughts of suicide in the past year  
12% of Middle school students  
10% of High school students

Top 3 Barriers to Seeking Help  
Among suicidal college students  
x "I do not think I need any assistance" (42%)  
x "I feel shame" (41%)  
x "I am afraid that people will judge me" (35%)

51% of college students were "Very Likely" to refer someone who says they are thinking about suicide to a local resource

However... only 21% of college students were "Very Likely" to bring up the topic of suicide with someone they think is at risk

High percentage of sexual and gender minority youth seriously considered suicide last year



## Veterans



Missouri veteran suicide rates are nearly three times higher than US general population

Highest suicide rates were among young veterans

16% of all suicides in 2018 were veteran suicides