DID YOU KNOW?

- CDC data shows a reported
 48, 143 Americans died by
 suicide in 2021. That is one
 death by suicide every
 eleven minutes.
- In 2021, a reported 1,177
 Missourians died by suicide.
- DHSS reports 10, 595
 suicides in Missouri from 2011 to 2020.
- More than 50% of all suicides are by firearm, making safe storage more important than ever.
- In 2020, there were a reported **6,146 veterans that** suicided (16.8 per day).



STAY 9

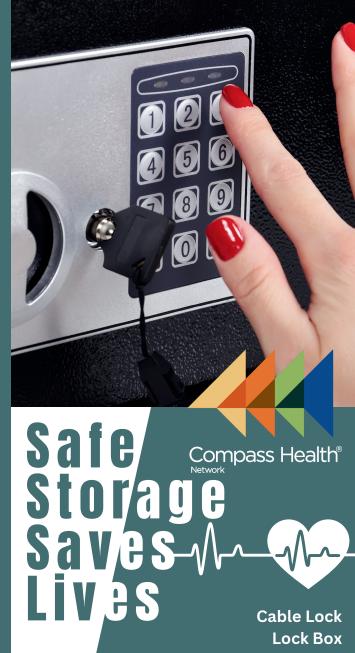
SUICIDE THOUGHTS DO NOT HAVE TO BECOME ACTIONS, HELP IS AVAILABLE 24/7 VIA THE RESOURCES BELOW

988

CALL | TEXT | CHAT
SUICIDE & CRISIS
LIFELINE

Trevor Project - LGBTQ Youth 1.866.488.7386 Text START to 678.678

911 for Emergencies



Cable Lock
Lock Box
Gun Safe
Store Ammunition Separately

"Put time and distance between risk and lethal means!"

PROGRAMS AVAILABLE

Evidence Based Programs

- Livingworks: ASIST and safeTALK
- Mental Health First Aid | Youth Mental Health First Aid
- Question, Persuade, Refer (QPR)
- AFSP
- More than Sad

Evidence Informed Programs

- Safer Homes
 Collaborative:
 Conversations for
 Suicide Safer Homes
- Gizmo's Pawesome Guide to Mental Health
- AFSP Programs: Teens and Mental Health Talks Saves Lives: Standard and LGBTQ modules

HOW TO ASK ABOUT SUICIDE?

- Be clear and direct
- Do not promise secrecy
- Have the conversation in private
- Be patient
- Show empathy

Sometimes when people (insert warning signs you notice) they are thinking about suicide; are you thinking about suicide?

- Don't give advice
- Don't try to fix it
- Don't be judgemental

Who would you talk to?

WARNING SIGNS?

Talk:

"I want to die."

"I wish I could go away"

"Everyone would be better off without me"

"There is no reason to live"

Behavior:

- Reckless
- Giving away prized possessions
- Increased use of alcohol or drugs
- Isolation
- Withdrawing

Mood:

- Anger
- Irritability
- Anxiety
- Impulsivity
- Depression
- Anxiety

Resources:

- seizetheawkward.org
- suicidology.org
- namimissouri.org
- afsp.prg/chapter/missouri
- thetrevorproject.org
- compasshealthnetwork.org
- mentalhealth.va.gov/suicide_ prevention/index.asp