



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)**.



Contact our Firearms Suicide
Prevention Consultant Team
at lpowell@compasshn.org

STAY;

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



Safe Storage Saves Lives



Compass Health®
Network



Cable Lock
Lock Box
Gun Safe

Store Ammunition Separately

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

EDUCATIONAL 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