Means of Suicide Among Males, Missouri, 2000-2014

**Means of Suicide Among Males, Missouri, 2000-2014**

- **Firearms** 63%
- **Poisoning** 10%
- **Suffocation** 22%
- **Other** 5%

**What are the statistics?** Sixty-three percent (63%) of male suicides in Missouri have involved firearms. Other means of suicide include poisoning/drug overdose (10%), suffocation (22%), and other means (5%). In comparison, 56 percent of male suicides in the U.S. have involved firearms. Compared to male suicides, female suicides in Missouri are more likely to involve poisoning/drug overdose (35%).

Source: CDC WISQARS, 2016

**How are means important?** By knowing the individual’s plans and intentions, it may be possible to remove the objects they plan to use. Means like guns or prescription painkillers may be removed from the premises to lower the immediate risk of suicide. This, however, does not resolve the crisis.

**Why does removing the means not resolve the crisis?** A person who is suicidal is suffering. Resolving the crisis usually starts with getting the person into treatment. Through a combination of medications and counseling, treatment helps fix the chemical imbalance that is contributing to the pain and suffering.

**How do you know what the means are?** You ask the person in crisis about their plans and intentions. Research has shown that asking them does not encourage them to do it.

**Where does someone in crisis go for help?**
- The National Suicide Lifeline 1-800-273-8255 provides free, confidential support 24/7.
- If anyone is in immediate danger, call 911.

**How do I locate treatment facilities in my area?**
- For locations of mental health programs in Missouri, visit [www.dmh.mo.gov/mentalillness/helpinfo](http://www.dmh.mo.gov/mentalillness/helpinfo) or call 1-800-364-9687.
- For locations of substance treatment programs in Missouri, visit [www.dmh.mo.gov/ada/help](http://www.dmh.mo.gov/ada/help) or call 1-800-575-7480.
- For locations anywhere in the United States, call the National Helpline 1-800-662-4357.

Suicide is very much preventable. For more information, go to HelpHimStay.org.