

MISPAN MISSOURI SUICIDE PREVENTION NETWORK

WHO WE ARE



About Us The Missouri Suicide Prevention Network (MSPN) is an independent, non-partisan, voluntary group of individuals, organizations, and agencies (public and private) who lead statewide suicide prevention efforts. MSPN's goal is to develop and coordinate implementation of the [Missouri Suicide Prevention Plan](#), based on the National Strategy for Suicide Prevention. MSPN promotes a coordinated and comprehensive public health framework that focuses on data, collaboration, and active community engagement.



We Support



Awareness that suicide is a public health problem that is preventable.



Evidence-based suicide prevention trainings.



Suicide prevention programs.



Existing statewide suicide prevention efforts.



Evidence-based means safety in accordance with clinical care standards.



Strategies to reduce the social stigma associated with mental health, substance use, and suicide.

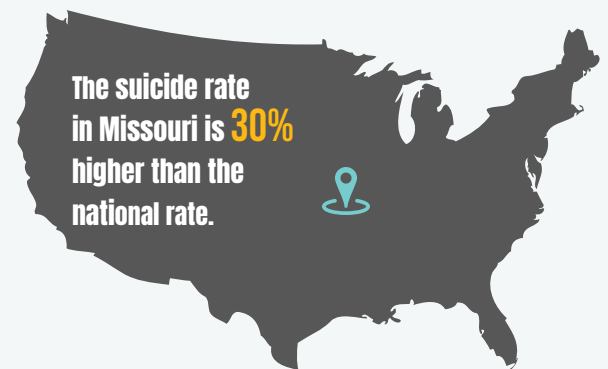


Effective clinical and professional practices.



Linkage with community mental health and substance use disorder services.

Missouri's suicide rate is 30% higher than the national rate, with state and behavioral health advocates projecting COVID-19 amplifying behavioral health needs and outcomes such as suicide. **Addressing social stigma, promoting health equity, early intervention, increasing access to treatment, and reducing access to lethal means** are all tactics to **reduce the rate of suicide in our state.**



Resources



For more information about MSPN contact admin@mospn.org.



[National Strategy for Suicide Prevention](#)



[Missouri's Suicide Prevention Plan](#)



[2020 General Suicide Prevention Statistics](#)



For assistance finding a community behavioral health center, visit [MO Department of Mental Health](#).

<https://dmh.mo.gov/behavioral-health/treatment-services/locating-services-treatment>

IT'S OKAY TO NOT BE OKAY. THERE IS **HELP** AND THERE IS **HOPE** ;



Suicide can be prevented.



For every **ONE person** who dies by suicide, there are **278 people** who have moved past serious thoughts about killing themselves, the overwhelming majority of whom will go on to live out their lives.



Over **67,000 Missourians** reached out for emotional help and support by

calling  **1.800.273.8255** or texting  **MOSafe to 741-741**



Being comfortable **talking about the risk of suicide saves lives**, suicide-safer skills training like Ask, Listen, Refer is available free of charge online.



Practicing safe storage of lethal means (medications, toxic materials, firearms) reduces this risk of death.



No matter where you live in Missouri or what you do every day, we all have a role in preventing suicide ;



Know the warning signs and risk factors.



Look for a change in behavior, especially if it is related to an emotionally painful event such as death of a loved one, divorce, job loss, etc.



Isolating from friends and family, saying goodbye to loved ones, or giving away prized, or valuable possessions.



Increased substance use or misuse, reckless behavior, or withdrawing from activities.



Risk factors such as a history of mental health conditions like depression, anxiety, etc.



Previous suicide attempts or a family history of suicide attempts and or deaths.



To learn more about warning signs and risk factors, visit [Ask.Listen.Refer](https://asklistenrefer.org). <https://asklistenrefer.org>



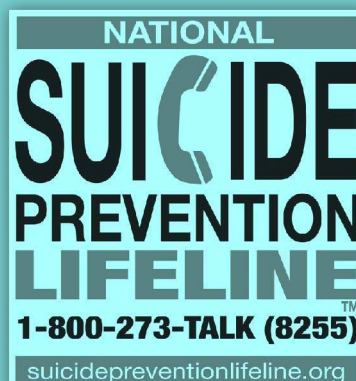
Help is available 24/7



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If you or someone you care about is struggling with suicidal thoughts, please reach out to the **Suicide Lifeline 1.800.273.8255** or text **MOSAFE to 741.741** Veterans Text 838255 to reach Veteran's crisis text services.