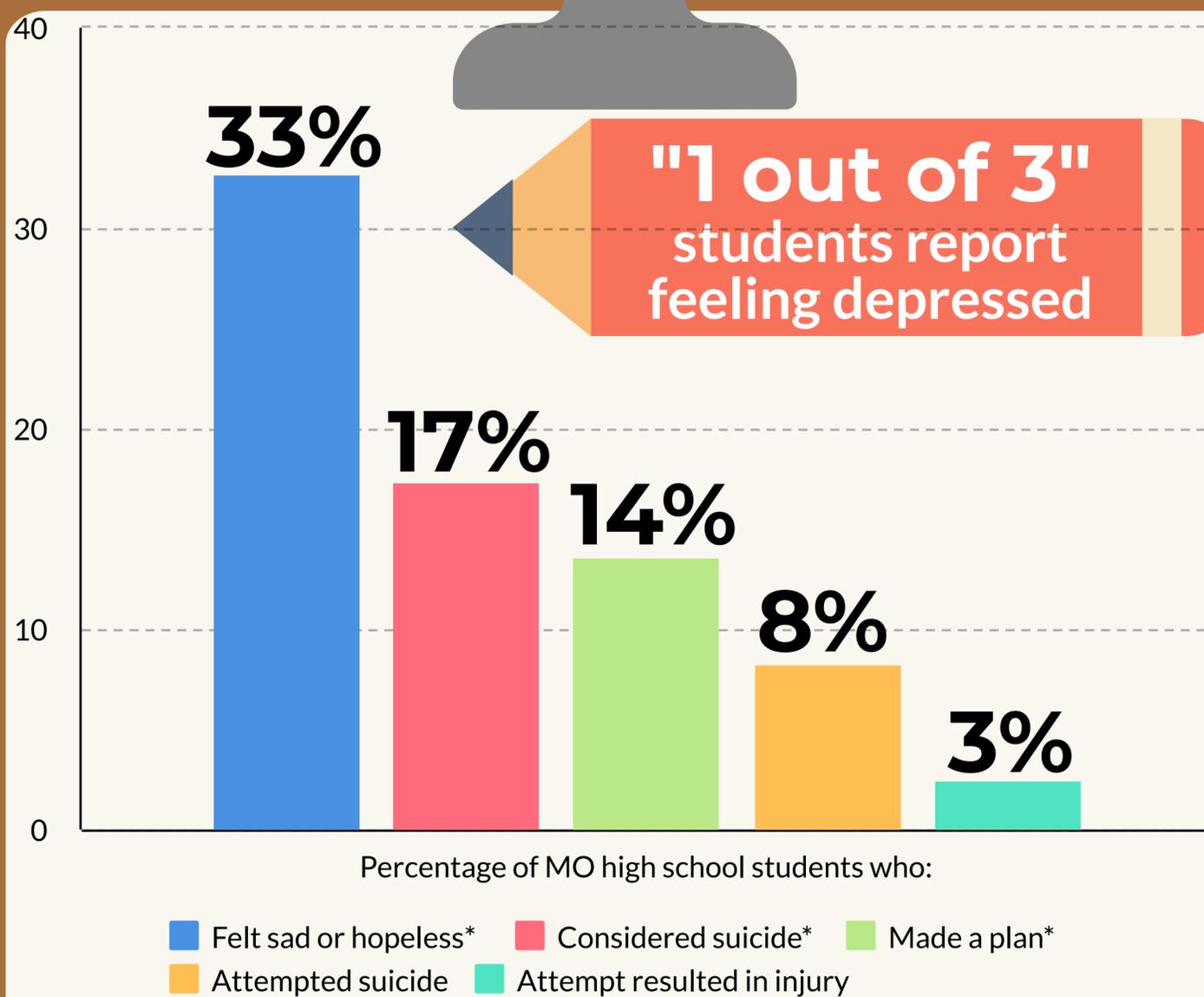


# Emotional Distress & Suicide

Among Missouri High School Students

According to the CDC, feelings of **hopelessness** or **isolation** are risk factors associated with **suicide**.



If you, or someone you know struggles with depression:

- Reach out to a close friend or loved one.
- Get help from a healthcare provider.
- Call **1-800-273-TALK (8255)** to reach a 24-hour crisis center or dial 911.

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE™**  
**1-800-273-TALK**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)