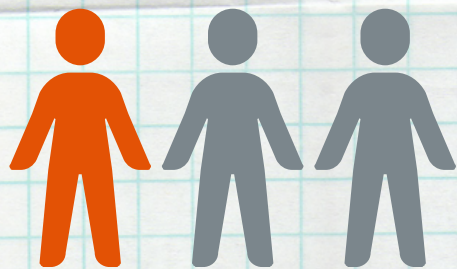


# Emotional Distress & Suicide Among Missouri High School Students



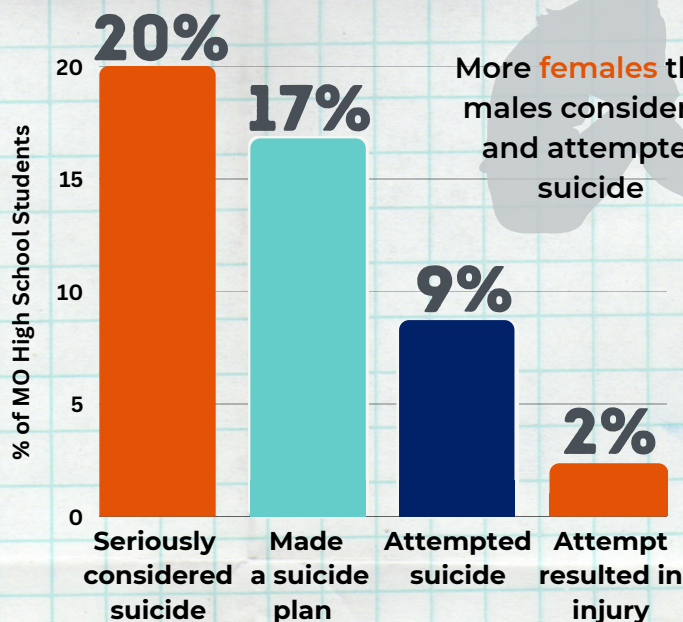
MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**



**1** out of **3**  
students reported  
feeling depressed

**1** out of **5**

students that felt depressed  
"always" or "most of the  
time" got the kind of help  
they needed



What do you do 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 the 988 Suicide and Crisis Lifeline

**988**  
SUICIDE  
& CRISIS  
LIFELINE

Source: 2021 Missouri Youth Risk Behavior Survey