

Anxiety, Stress, and Suicide

Partners in Prevention (PIP) is a statewide coalition of 21 public and private colleges in Missouri with the mission of building safe and healthy campuses. PIP gathers data from the Missouri Assessment of College and Health Behaviors (MACHB) survey in order to assess high-risk behaviors occurring amongst college students. Data from the MACHB can be utilized to better understand how and why students are contemplating dying by suicide.

Discussion

According to the Center for Disease Control (CDC), suicide is the second highest cause of death in individuals ages 15-24. This indicates that college students are in a particularly high risk group when it comes to dying by suicide. It is critical for college administrators, faculty, staff, and students to understand how to assist students who are contemplating suicide so that students are able to get the assistance they need.

Prevalence

According to the Missouri Assessment of College Health and Behavior (MACHB), 17% of Missouri college students contemplated suicide in the past year and 2% of students attempted suicide in the past year. Ages of these students ranged from 18-25 years or older, but the most significant ages that students were contemplating suicide were 18 (22%) and 23 (23%). However, the average number of students contemplating suicide that fell into the range of ages 19-22 was approximately 17%.

Relation to Anxiety and Stress

According to the MACHB, 47% of Missouri college students reported having anxiety in the last year. Of the students who reported having suicidal thoughts, 76% of them also said that they experienced anxiety. 58% of students who reported facing a considerable or great deal of stress concerning their personal lives also experienced suicidal thoughts. This means more than half of students who have contemplated suicide are facing a great deal of stress in their personal lives. 45% of the students who reported having suicidal thoughts also reported facing a considerable or great deal of stress concerning its impact on their

academics. Almost half of students who are having suicidal thoughts can also be struggling academically when they may or may not have done so before.



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Programs and Education

Ask. Listen. Refer.

Ask. Listen. Refer. is an online suicide prevention training tool that is accessible by students, staff, and faculty for free through Partners in Prevention. It is an introductory suicide prevention training program that can help users learn the basics of suicide prevention and provides resources specific to Missouri. **The training can be accessed at www.asklistenrefer.org.**

RESPOND Training

While RESPOND training is not offered specifically through Partners in Prevention, it is a recommended training for PIP institutions. It is an 8 hour, in person training empowering participants to recognize and effectively support and refer a person experiencing a mental health challenge or crisis. **If you are interested in more information about this training, contact us at www.pip.missouri.edu.**

Contact Partners in Prevention at (573) 884-7551.

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For more information, visit pip.missouri.edu

Funded by the Missouri Department of Mental Health, Division of Behavioral Health