

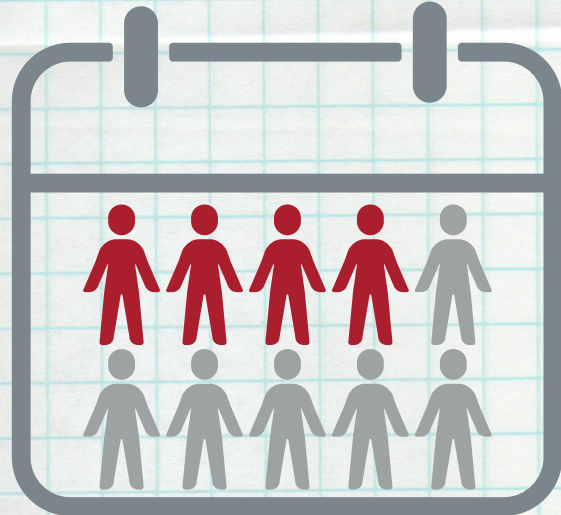
Emotional Distress & Self Harm Among Missouri High School Students



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

40%

reported 7
or more not
good mental
health days
in the last
month



1 out of **5**
every

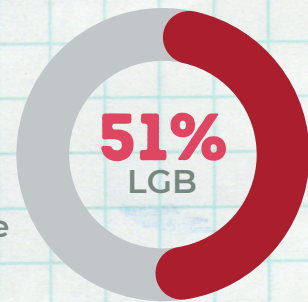
students engaged
in self-harm

More **females**
than males
purposely hurt
themselves



**SELF-
HARMED**

without wanting to die



What do you do if you, or someone
you know, struggles with self-harm?

- 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