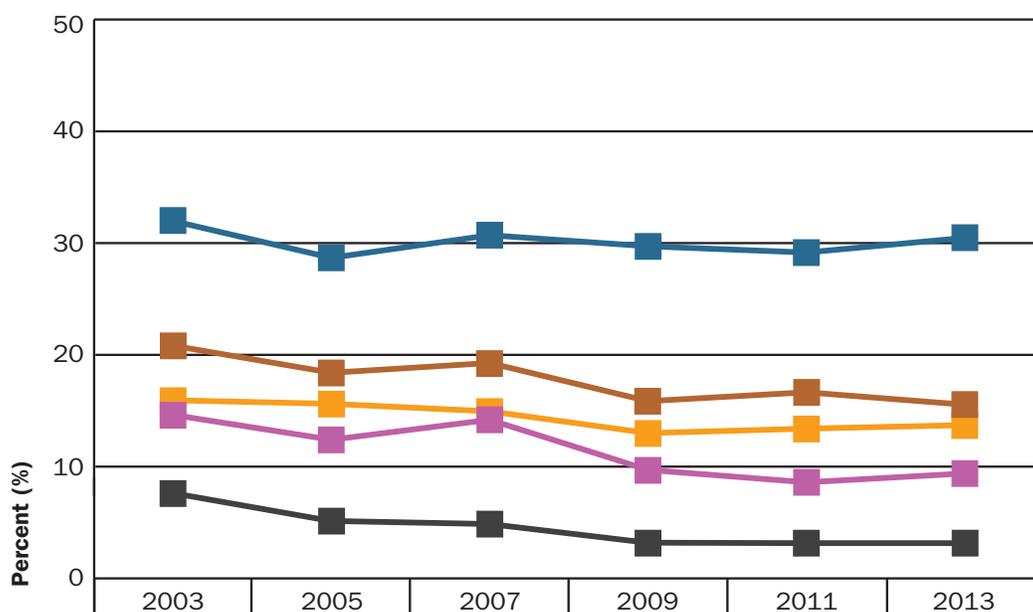


Mental Health and Related Behaviors

Mental health is an integral part of student well-being. It is essential to youth for maintaining healthy relationships, supporting academic achievement, and living full and productive lives. NM youth 10–19 years of age experience a higher rate of death by suicide than those in the US (9.8 vs. 4.8 deaths per 100,000 population).¹ The 2013 Youth Risk & Resiliency Survey (YRRS) questionnaire included three questions in the middle school survey and four questions in the high school survey about suicide ideation and attempts. The high school survey also included a question about feelings of sadness or hopelessness (a risk factor for depression) and a question about non-suicidal self-injury (NSSI).

¹ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control [<http://www.cdc.gov/injury/wisqars>]

Figure 1
Trends in mental health indicators
Grades 9–12 ■ NM ■ 2003–2013



Indicator	2003	2005	2007	2009	2011	2013
Felt sad or hopeless	31.9	28.7	30.8	29.7	29.1	30.5
Seriously considered suicide	20.7	18.5	19.3	15.9	16.7	15.6
Made a suicide plan	15.9	15.7	15.1	13.1	13.4	13.7
Attempted suicide	14.5	12.5	14.3	9.7	8.6	9.4
Injured in a suicide attempt	7.5	5.1	4.8	3.2	3.0	3.1

Summary of Trends

- There was a downward trend in rates of “Seriously considered suicide,” “Made a suicide plan,” “Attempted suicide” and “Injured in a suicide attempt” from 2003–2013. Most of the decline in rates occurred between 2003 and 2009.
- There was no trend for “Felt sad or hopeless.”

High School Results

Mental Health Indicators in 2013 NM-YRRS, grades 9–12:

Indicator	YRRS Question
Felt sad or hopeless	During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
Seriously considered suicide	During the past 12 months, did you ever seriously consider attempting suicide?
Attempted suicide (at least one time)	During the past 12 months, how many times did you actually attempt suicide?
Injured in a suicide attempt	If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
Non-Suicidal Self Injury (NSSI) (at least one time)	During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

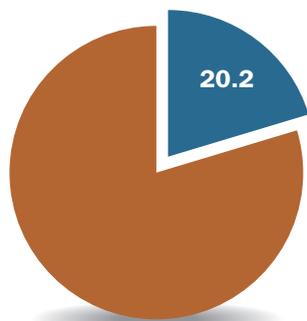
NM rank among Youth Risk Behavior Surveillance System (YRBSS) participating states, Grades 9–12, 2013 *

	NM %	US %	NM RANK
Felt sad or hopeless	30.5	29.9	4th (of 42 states)
Seriously considered suicide	15.6	17.0	21st (of 41 states)
Made a suicide plan	13.7	13.6	14th (of 39 states)
Attempted suicide	9.4	8.0	14th (of 40 states)
Injured in suicide attempt	3.1	2.7	16th (of 34 states)

* There is no statistically significant difference between NM and US rate for any of these indicators.



New Question for 2013 NM-YRRS, grades 9–12: Non-suicidal self-injury (NSSI)



20.2% (1 in 5)
said they had engaged in NSSI in the past 12 months

NSSI is correlated with anxiety and depression, and is a strong predictor of suicide. In 2013, 1 out of 5 (20.2%) of NM high school students reported that they had engaged in NSSI one or more times in the past 12 months.

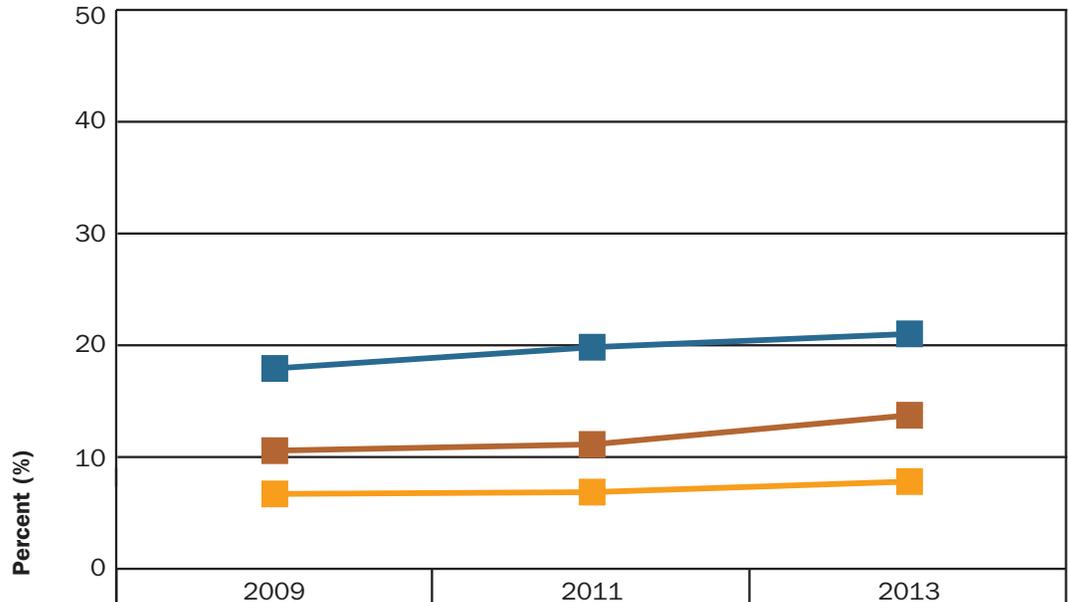
Students who engaged in NSSI were:

- 3 times more likely to have felt sad or hopeless (67.4% vs. 21.2%)
- 7 times more likely to have considered suicide (50.0% vs. 7.0%)
- 7 times more likely to have planned suicide (43.5% vs. 6.1%)
- 12 times more likely to have attempted suicide (36.0% vs. 2.8%)

... than those who did not have a history of NSSI.

Middle School Results

Figure 2
Trends in mental health indicators
Grades 6–8 ■ NM ■ 2003–2013



Indicator	2009	2011	2013
Thought about killing self	17.9	19.8	20.9
Made a plan to kill self	10.7	11.3	13.6
Tried to kill self	6.8	7.0	7.8

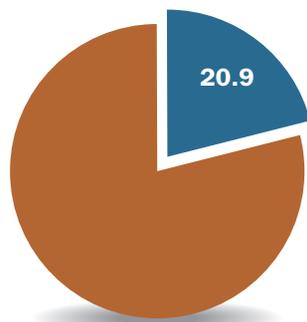
Summary of Trends

- The rate for “Made a plan to kill self” increased from 10.7% in 2009 to 13.6% in 2013.
- The increases in the rates for “Tried to kill self” and “Thought about killing self” were not statistically significant.

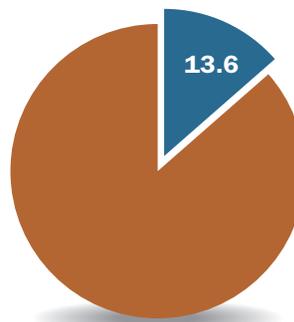
Mental Health Indicators in 2013 NM-YRRS, grades 6–8:

Indicator	YRRS Question
Thought about killing self	Have you ever seriously thought about killing yourself?
Made a plan to kill self	Have you ever made a plan about how you would kill yourself?
Tried to kill self	Have you ever tried to kill yourself?

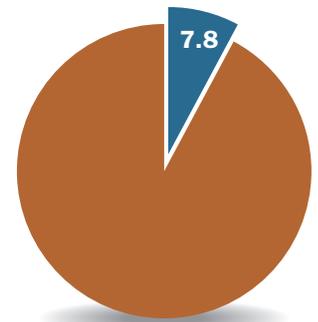
In 2013, among New Mexico middle school students:



20.9% (1 in 5)
said they ever thought about killing themselves



13.6% (1 in 7)
said they ever made a plan to kill themselves



7.8% (1 in 13)
said they ever tried to kill themselves

Mental Health and Student Characteristics

by GENDER:

- Among middle school students, girls were more likely than boys to say they had ever thought about killing themselves (28.0% vs. 14.2%), ever made a plan to kill themselves (16.8% vs. 10.6%), or ever tried to kill themselves (10.1% vs. 5.5%).
- Among high school students, girls had higher rates than boys for NSSI (25.0% vs. 12.9%), sadness or hopelessness (40.0% vs. 21.4%), having seriously considered suicide (19.9% vs. 11.6%), or having made a suicide plan (15.4% vs. 9.6%).
- Among high school students, the difference between boys and girls for attempted suicide (10.6% vs. 8.1%) was not statistically significant.

by GRADE LEVEL:

- Among middle school students, the percent of students who ever tried to kill themselves increased with grade level - 6th grade (4.3%), 7th grade (7.1%), and 8th grade (11.1%).
- Among high school students, 11th grade students (6.1%) were less likely than 9th (10.8%) or 10th (10.1%) grade students to attempt suicide in the past 12 months. No statistically significant difference was found between 12th grade (9.1%) and other grades.

Figure 3

Students who ever tried to kill themselves
Grades 6–8 ■ NM ■ 2013

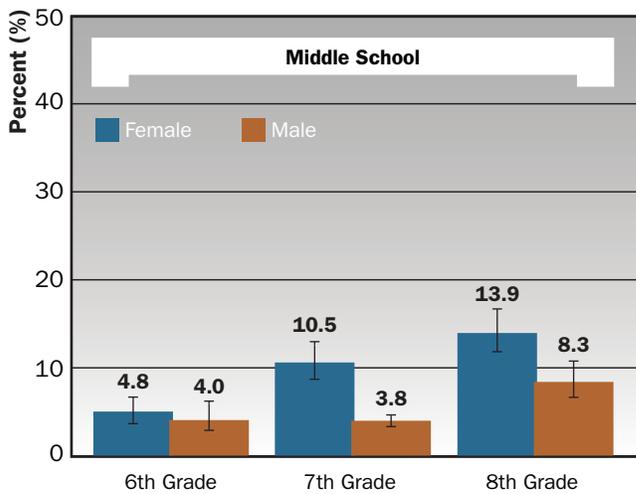
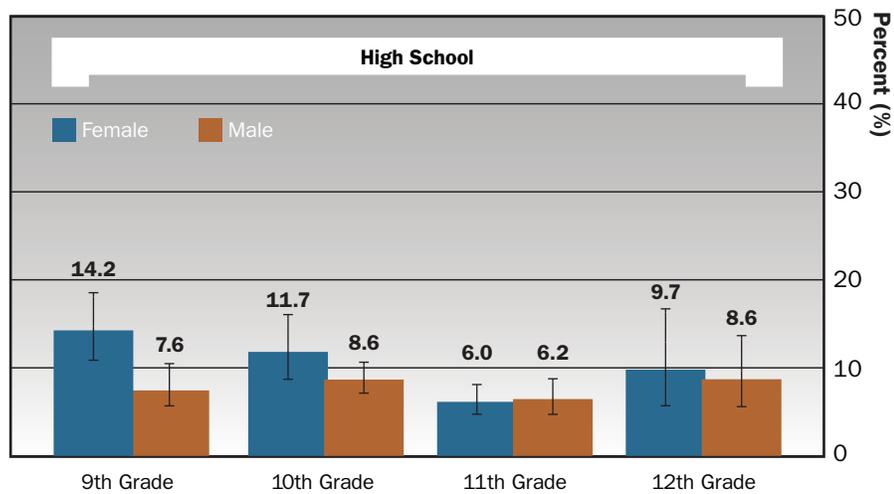


Figure 4

Students who attempted suicide at least once in the past 12 months
Grades 9–12 ■ NM ■ 2013



Among middle school students:

- 7th and 8th grade girls were more likely than 7th and 8th grade boys to have tried to kill themselves (7th: 10.5% vs. 3.8%; 8th: 13.9% vs. 8.3%).
- The rate for “Tried to kill self” increased with grade level among both boys and girls, although the increase

was greater for girls than boys. Among girls, the rate for 8th graders was 3 times as high as the rate for 6th graders (13.9% vs. 4.8%), while among boys the rate was two times as high for 8th graders as for 6th graders (8.3% vs. 4.0%).

Among high school students:

- Girls were more likely than boys to report a suicide attempt in the past 12 months only among 9th graders (14.2% vs. 7.6%).
- The rate of past-year suicide attempts decreased by grade level for girls, but did not change for boys.

Mental Health and Student Characteristics (cont.)

by RACE/ETHNICITY:

Among middle school students:

- No differences were found in rates of “Thought about killing self,” “Made a plan to kill self,” or “Tried to kill self” by race/ethnicity.

Among high school students:

- No statistically significant differences were found in rates of NSSI, sadness or hopelessness, seriously considered suicide, or making a suicide plan by race/ethnicity.
- Hispanic (10.6%) and American Indian (11.1%) students were more likely than White students (6.1%) to report at least one suicide attempt in the past 12 months.

by SEXUAL MINORITY STATUS (high school only):

Students who identify as lesbian, gay, or bisexual (LGB) had higher rates than straight students for all mental health indicators. Compared to straight students, LGB students were:

- 4 times as likely to engage in NSSI (50.3% vs. 16.1%)
- 2 times as likely to report feelings of sadness hopelessness (57.6% vs. 27.2%)
- 3 times as likely to seriously consider suicide (38.3% vs. 12.7%)

- 4 times as likely to attempt suicide (28.5% vs. 7.0%)
- 5 times as likely to make a suicide attempt resulting in an injury (11.1% vs. 2.1%)

26.4% of high school students *who made at least one suicide attempt* in the past 12 months identified as LGB, though LGB students account for only 9.1% of all high school students.

by DISABILITY STATUS (high school only):

Students with disabilities, either physical disabilities/long-term health problems or emotional problems/learning disabilities, had higher rates for all mental health indicators than students with no disabilities.

Compared to students without physical disabilities, those with physical disabilities were:

- more likely to engage in NSSI (30.8% vs. 18.7%)
- more than twice as likely to attempt suicide (18.3% vs. 8.0%)
- more likely to report feelings of sadness of hopelessness (45.6% vs. 28.5%)

Compared to students without emotional problems or learning disabilities, those with these disabilities were:

- more than twice as likely to report feelings of sadness or hopelessness (60.3% vs. 25.9%)
- almost 4 times as likely to attempt suicide (60.3% vs. 25.9%)
- 3 times as likely to engage in NSSI (47.3% vs. 15.9%)

44.4% of high school students *who made at least one suicide attempt* in the past 12 months had a disability, though students with disabilities account for only 21.4% of all high school students.

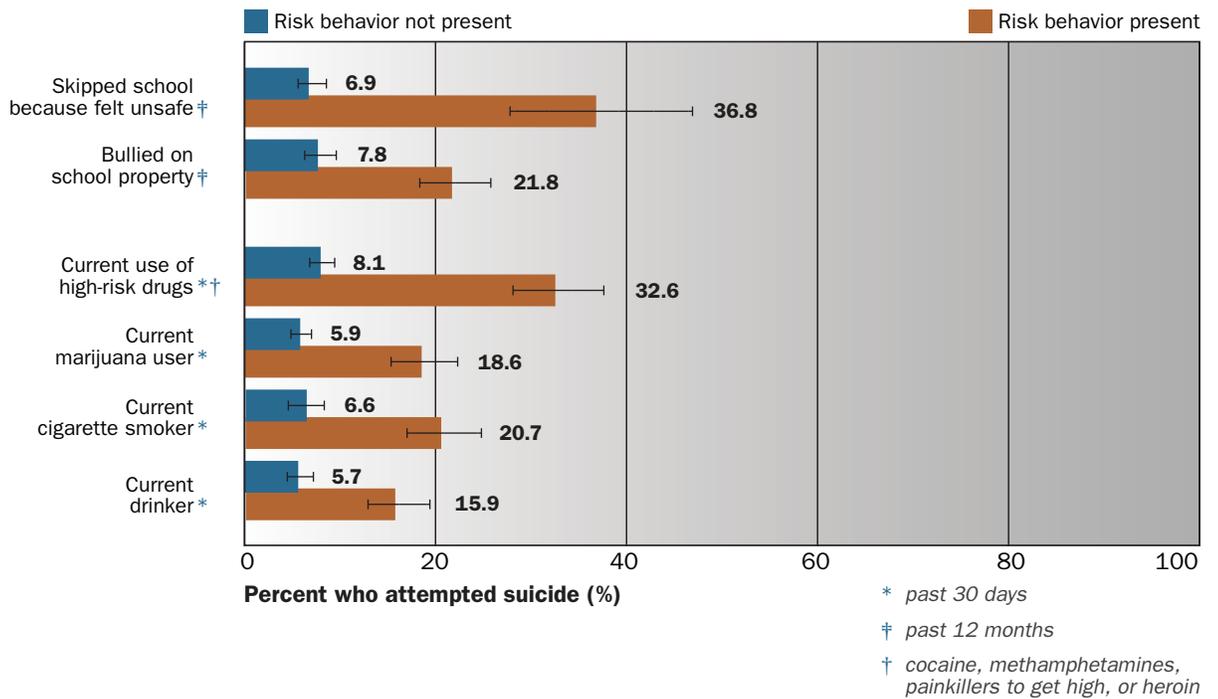
Suicide Attempts: High School

Among the 9.4% of high school students who attempted suicide in the past 12 months:

- 76.4% engaged in NSSI
- 32.9% made a suicide attempt that resulted in an injury that was treated by a doctor or nurse
- 94.7% experienced at least one of the following: NSSI, feelings of sadness or hopelessness, seriously considered suicide, made a suicide plan

Figure 5

Suicide attempts by other risk behaviors—Grades 9–12 • NM • 2013



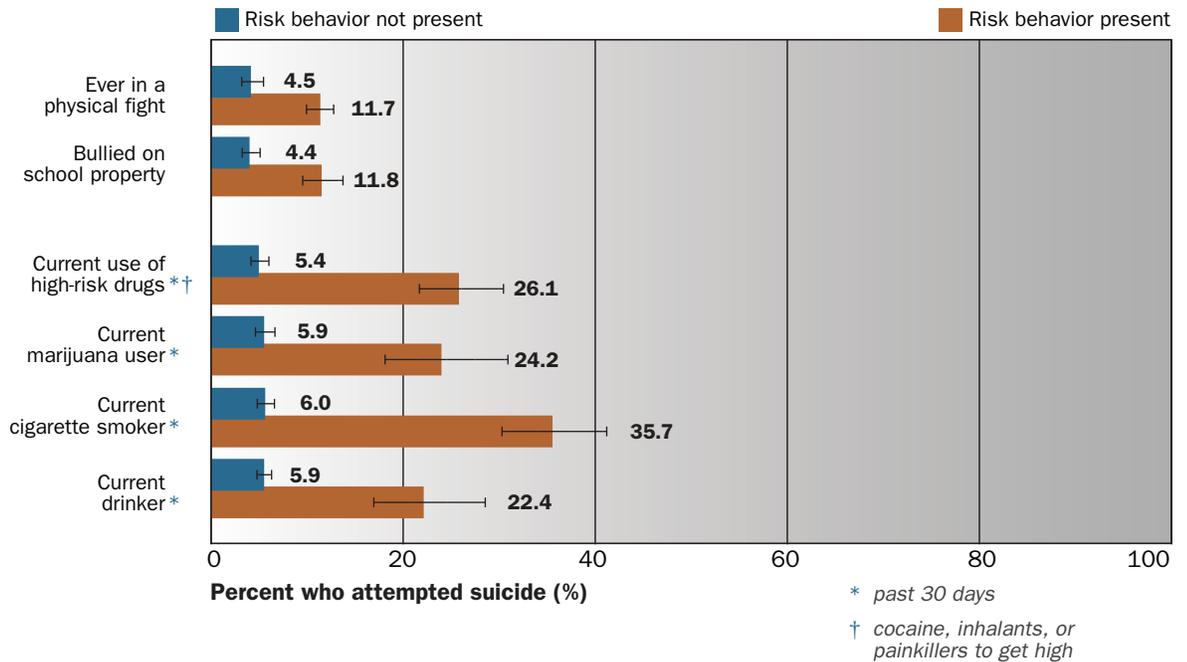
- Students who skipped school because they felt unsafe at school or on the way to or from school were more than 5 times as likely to attempt suicide as those who did not skip school because they felt unsafe.
- Students who used high risk drugs (cocaine, methamphetamines, heroin or painkillers to get high) were more than 4 times as likely to attempt suicide as those who did not use high risk drugs.
- Students who reported current cigarette smoking were 3 times as likely to attempt suicide as those who were not current smokers.
- Students who reported current drinking were more than twice as likely to attempt suicide as those who were not current drinkers.

Suicide Attempts: Middle School

Among the 7.8% of middle school students who ever tried to kill themselves:

- 93.0% seriously considered killing themselves
- 75.2% made a plan to kill themselves

Figure 6
Suicide attempts by other risk behaviors – Grades 6–8 • NM • 2013



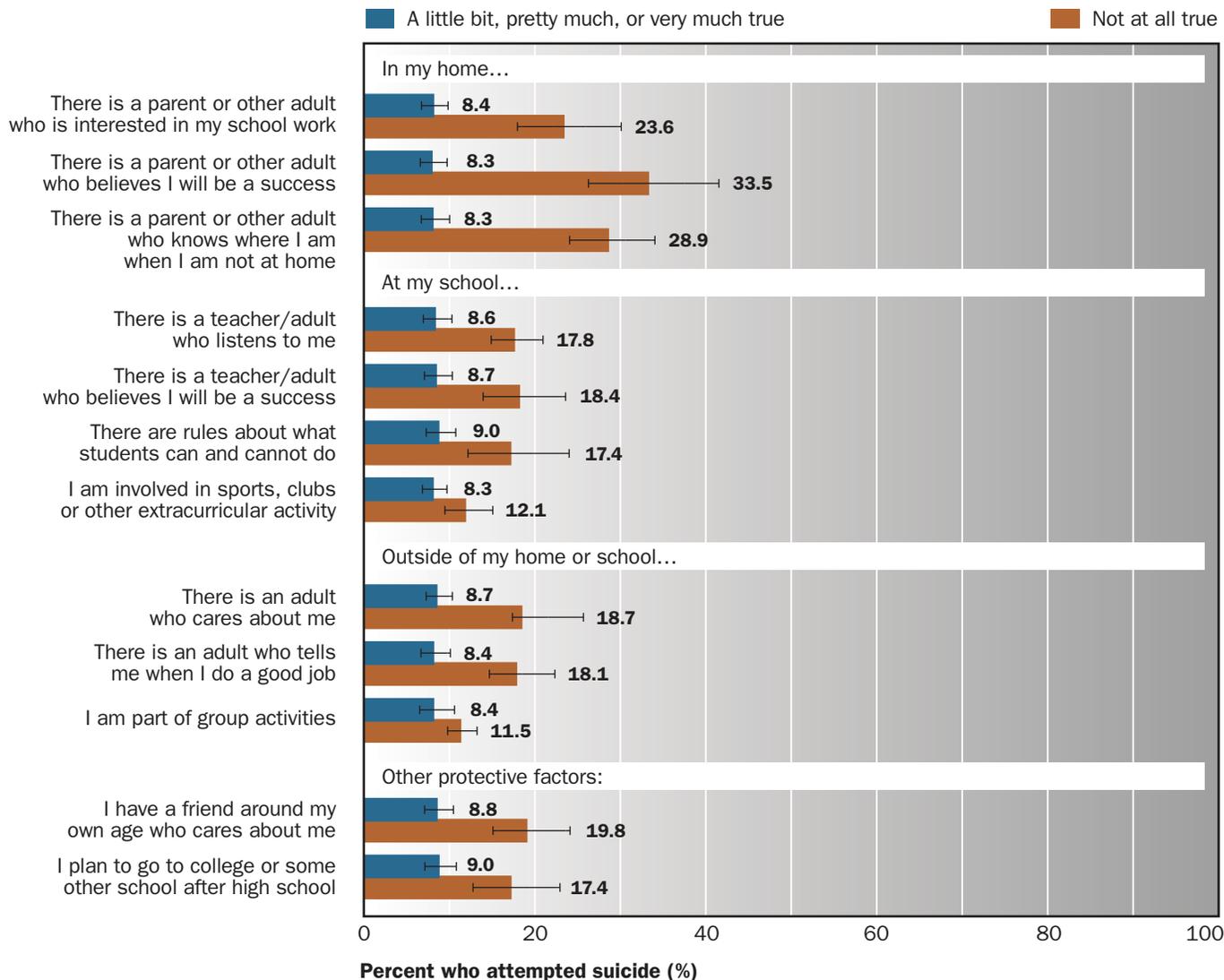
- Students who were ever in a physical fight or who were ever bullied at school were 2.6 times as likely to ever try to kill themselves as those who were not in a fight or not bullied at school.
- Students who used high risk drugs (cocaine, inhalants, or painkillers to get high in the past 30 days) were 4.8 times as likely to ever try to kill themselves as those who did not use any of these drugs in the past 30 days.
- Students who smoked cigarettes in the past 30 days were nearly 6 times as likely to ever try to kill themselves as those who did not smoke cigarettes in the past 30 days.

If you or someone you know is experiencing a crisis, please call the NM Crisis and Access Line 24/7 at **1-855-NMCRISIS (662-7474)** to speak with a counselor or find treatment near you.

Suicide Attempts and Resiliency Factors: High School

Protective factors in the home were more closely associated with low rates of suicide attempts than protective factors in the school, in the community, or among friends. These relationships were similar to those found among middle school students.

Figure 7
Suicide attempts by resiliency factors – Grades 9–12 • NM • 2013



How to read this chart: Among students who said it was not at all true that a parent is interested in their school work, 23.6% made a suicide attempt in the past 12 months, compared to only 8.4% of students who said it was a little bit true, pretty much true, or very much true.

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