



# Mental Health Quarterly Surveillance Report

Emergency Department Data - Q1-2026 (January 1, 2026 - March 31, 2026)

Published May 22, 2026

## Syndromic Surveillance Data

This report provides recent data on the incidence of mental health related emergencies in New Mexico. Data and charts in this report are populated from data in New Mexico's Syndromic Surveillance Database. This database collects information from participating New Mexico Emergency Departments (ED). Initial patient encounter information is usually received within 24 hours, but clinical documentation is continuously being updated as it is identified throughout the patient encounter and hospital coding process.

ED data are grouped into mental health "syndromes". Each syndrome is made up of a group of discharge diagnoses and chief complaint field entries that are associated with the health topic. By tracking patients' symptoms in EDs public health practitioners can detect unusual levels of illness or injuries to determine whether a response is warranted. More information on methods and syndrome definitions can be found in the [Mental Health Quarterly Surveillance Reference Document](#)

Hospitals operated by the Indian Health Service and Veteran's Affairs do not report to the New Mexico Syndromic Surveillance Database. As such, reported numbers of events are under-counted and do not represent all populations of New Mexico.

## January 1, 2026 - March 31, 2026

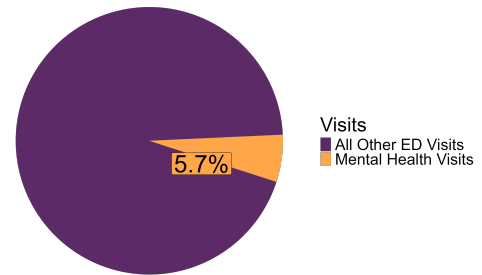
In this quarter, New Mexico emergency departments reported the following number of visits:

- **1,272** youth (ages 5-17) visits including a mental health issue.
- **9,663** adult (ages 18+) visits including a mental health issue.
- **111** youth (ages 5-17) visits related to a suicide attempt.
- **355** adult (ages 18+) visits related to a suicide attempt.

## Quarterly Data January 1, 2026 - March 31, 2026

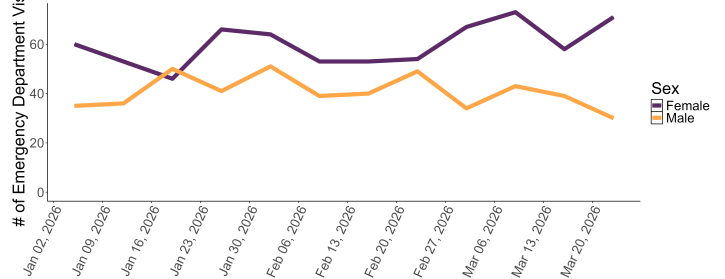
### Mental Health Emergency Department Visits

All New Mexico Emergency Department Visits, January 2026 - March 2026



### Mental Health Events by Sex

Ages 5-17, New Mexico, January 2026 - March 2026

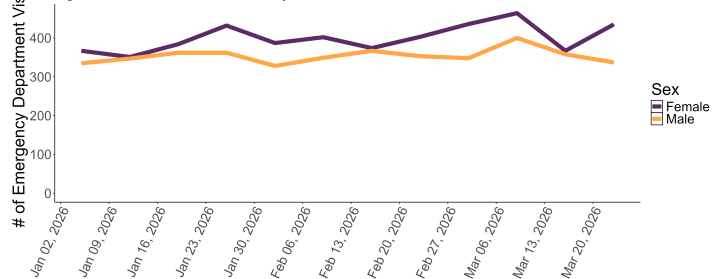


Week

Source: CDC-NSSP - Data Retrieved on May 22, 2026

### Mental Health Events by Sex

Ages 18+, New Mexico, January 2026 - March 2026



Week

Source: CDC-NSSP - Data Retrieved on May 22, 2026

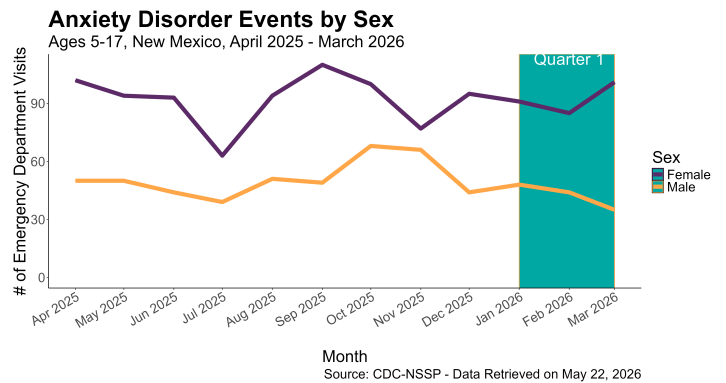
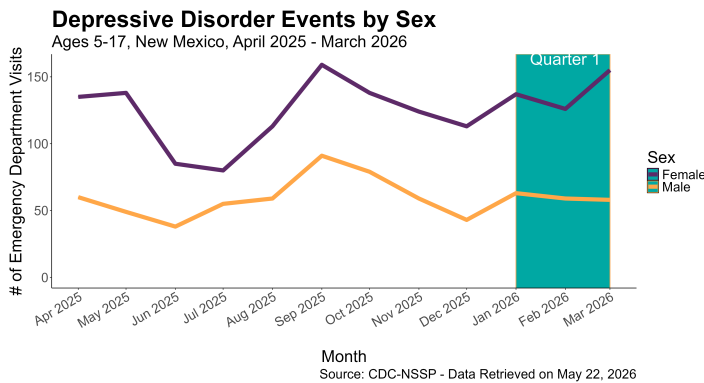
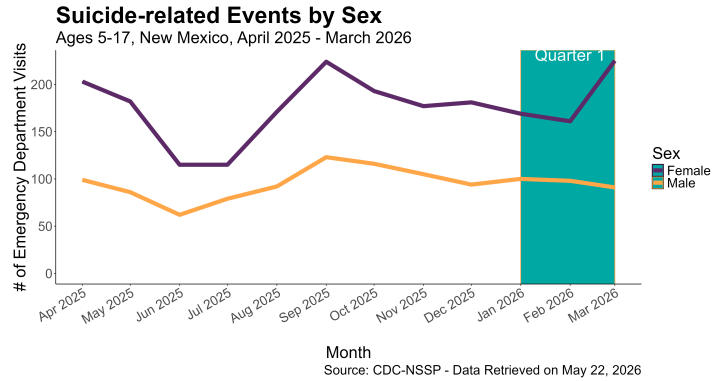
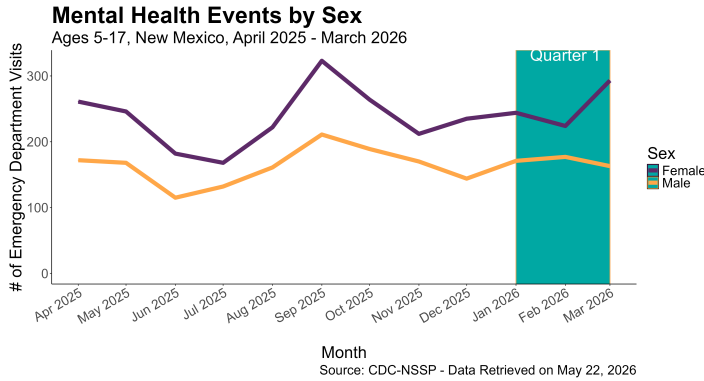


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## Youth Mental Health: Past 12 Months

April 1, 2025 - March 31, 2026





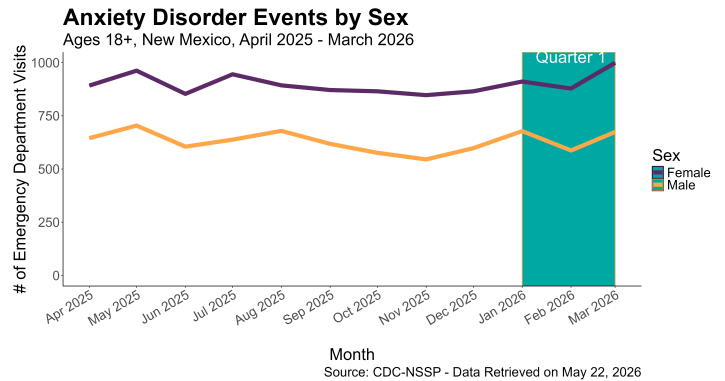
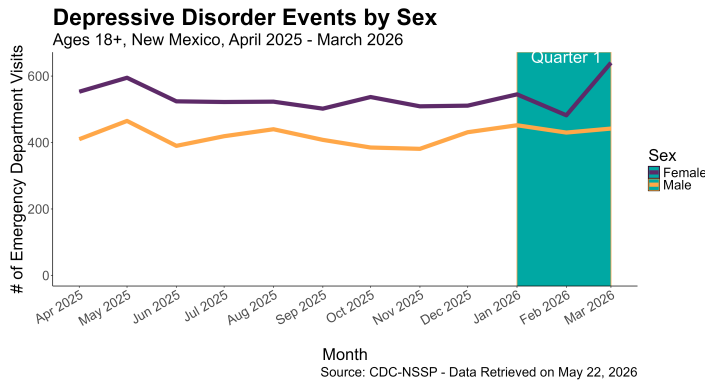
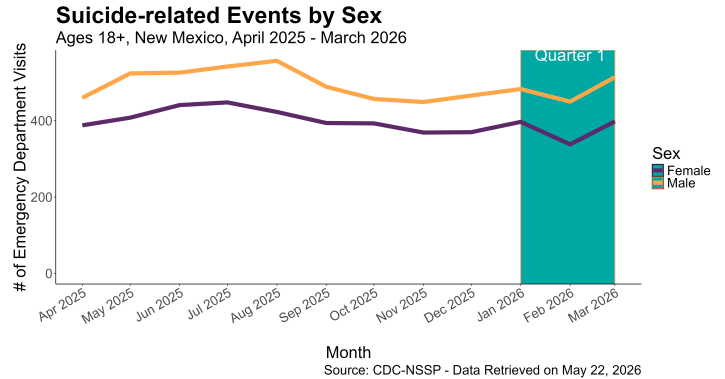
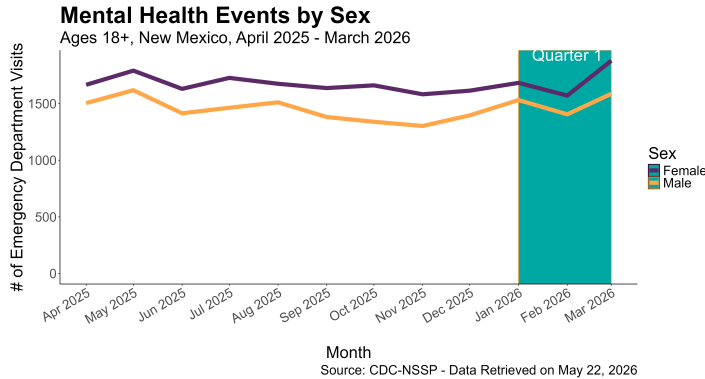
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## Adult Mental Health: Past 12 Months

April 1, 2025 - March 31, 2026



## About These Data

**Time-series Charts** - These charts present the number of of emergency department visits for each syndrome category by month and show a complete calendar year ending in the current quarter. Quarterly results are highlighted in light blue on each 12-month chart. Changes in the count of visits may be related to multiple factors. For instance, out-of-school weeks and months are typically associated with fewer mental health emergency department visits for school-aged youth.

**Data Quality** - 37 hospitals in New Mexico report emergency room visit data to New Mexico's Syndromic Surveillance Database. Some hospitals may provide data that is incomplete or inconsistent. This report excludes data from hospitals that have high volatility in the volume of visits as well as hospitals which share records with incomplete data in the discharge diagnosis fields. 31 out of 37 participating hospitals were included in this query.

**Data Limitations** - Please note that counts between quarterly surveillance reports may not be comparable due to different numbers of included hospitals. Because hospitals have been excluded due to data quality concerns and the lack of data from Indian Health Service and Veterans Affairs hospitals these results do not represent all populations in New Mexico or present the complete burden of mental health related emergency department visits in New Mexico.



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## Learn More: Additional Mental Health Surveillance Data

- **State of Mental Health in New Mexico (2022)** - Mental health data from a variety of data sources on various demographics and regions of New Mexico.
- **New Mexico Crisis and Access Line (NMCAL) Utilization Reports** - These reports provide recent data on numbers of mental health, substance use, and suicide related crisis calls in New Mexico.
- **CDC Provisional Mortality Statistics, 2018 through Last Month** - This CDC resource provides options to query statewide and national data on provisional mortality data for topics including suicide death.

## Consider Options: Strategies to Address Mental Health Needs

- **Suicide Prevention Resource Guide (NMDOH)** - A comprehensive guide of local and national resources to help communities prevent suicide.
- **Protecting Youth Mental Health: The U.S. Surgeon General's Advisory** - This report presents emerging national data on the "Youth Mental Health Crisis" and specific action steps for all members of the community.
- **Promoting Mental Health and Well-being in Schools - An Action Guide for School and District Leaders (CDC)** - The CDC has issued guidance on proven strategies to promote and support mental health and well-being for students. The guide includes strategies and specific recommended approaches.
- **Mental Health, Human Rights, and Legislation: Guidance and Practice (WHO)** - This guidance from the World Health Organization (WHO) proposes new objectives for law, including setting a clear mandate for mental health systems to adopt a rights-based approach. It highlights how laws can address stigma and discrimination and provides concrete measures on how to eliminate coercion in mental health services in favour of practices that respect people's rights and dignity.

## Take Action: Participate in Prevention and Health Promotion Activities

- **Join the New Mexico Suicide Prevention Coalition** - Contact the NMDOH Suicide Prevention Program ([suicidepreventionprogram@doh.nm.gov](mailto:suicidepreventionprogram@doh.nm.gov)) to learn more and join the coalition.

This document was created on May 11, 2023 and last updated on May 22, 2026. All quarterly reports and other mental health surveillance documents are made available at <https://www.nmhealth.org/about/erd/ibeb/mhp/>.

Published by the Survey Unit, Center for Health Protection with the New Mexico Department of Health. Contact mental health epidemiologist, Dylan Pell ([dylan.pell@doh.nm.gov](mailto:dylan.pell@doh.nm.gov)), for more information about this report or to request New Mexico mental health data.