

Suicide is Preventable

New Mexico Facts & Resources

Suicide is **Preventable**

- Suicide prevention works. Research indicates that suicide prevention is best achieved when all levels of society come together to focus on this public health concern.
- Communities can prevent suicide attempts and deaths by offering gatekeeper trainings, crisis intervention, and reducing access of lethal means among persons at risk of suicide.

Suicide Among New Mexico Residents in **2020**

New Mexico



- **520** suicide deaths or about **10 per week** on average
- **4th highest rate** of suicide among all U.S. states
- New Mexico's suicide rate was **79% higher** than the U.S. rate

Leading Cause of Death

- **10th** leading cause of death
- **2nd** leading cause of death for those aged 12-18
- **7th** leading cause of death for men

Highest Suicide Rates

- **American Indians/Alaska Natives** ages **25-34**
- **Whites** ages **75 and older**

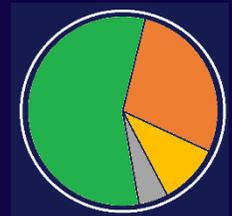
Gender

- There were about **4 male** suicide deaths for each **1 female** death
- Most **Male** suicide deaths involved a **firearm** (62%)



Suicide Mechanism

- **57% Firearm**
- **28%** Hanging or Suffocation
- **10%** Overdose or Poisoning
- **5%** Other Causes



Suicide Trends from 2011 to 2020:

- The suicide rate increased 19%
- The suicide rate with a firearm increased 30%
- The suicide rate of American Indians/Alaska Natives increased 58%

Youth Suicide Attempts in 2019:

- 11% of high school students attempted suicide in the past 12 months
- 25% of lesbian, gay, or bisexual high school students attempted suicide in the past 12 months

Take Action

- Get trained in Youth Mental Health First Aid, QPR Gatekeeper Training, or Crisis Intervention:
 - <https://trainmeosah.com/>
- Join the New Mexico Suicide Prevention Coalition:
 - Contact Jacalyn Dougherty (jacalyn.dougherty@state.nm.us) and join the statewide effort

Warning Signs of **Suicide**

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless
- Talking about feeling trapped
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated, or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Experiencing a relationship crisis

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what leads to a suicide.

Help Save a Life! **Here's How**

- Talk to the person in private
- Listen to the person's story
- Ask directly if they are thinking about suicide
- Help them contact a doctor, therapist, or crisis line
- Avoid minimizing their problems or giving advice

If You Need Help, We Are Here to Listen



Behavioral Health **Resources, Training, and Technical Assistance**



- **Suicide Prevention Resource Guide**
 - <https://www.nmhealth.org/publication/view/general/7106/>
- **American Indian Suicide Prevention Resource Guide**
 - <https://www.nmhealth.org/publication/view/general/7105/>
- **Mental Health and Suicide Prevention**
 - <https://trainmeosah.com/>

For more information about NMDOH's Suicide Prevention Program, please contact:
Jacalyn Dougherty, Suicide Prevention Coordinator (jacalyn.dougherty@state.nm.us)

For more information about Adolescent and Youth Suicide Prevention, please contact:
Clarie Miller, Statewide Youth Suicide Prevention Coordinator (clarie.miller@state.nm.us)

For more information about Suicide Data, please contact:
Garry Kelley, Senior Injury Epidemiologist (garry.kelley@state.nm.us)