

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 **2021**¹

New Mexico



- **533** 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 **77% higher** than the U.S. rate

Leading Cause of Death

- **9th** leading cause of death
- **2nd** leading cause of death for those ages 12-18
- **6th** leading cause of death for men

Highest Suicide Rates

- **American Indians/Alaska Natives** ages **25-34**
- **Whites** ages **45-54**

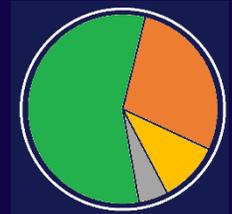
Gender

- There were more than **4 male** suicide deaths for each **1 female** death
- Most **Male** suicide deaths involved a **firearm** (60%)



Suicide Mechanism

- **57% Firearm**
- **26%** Hanging or Suffocation
- **11%** Overdose or Poisoning
- **6%** Other Causes



Suicide Trends from 2012 to 2021¹

- The suicide rate increased 17%
- The suicide rate with a firearm increased 28%
- The suicide rate of Hispanic or Latino persons increased 28%

Youth Suicide Attempts in 2021²

- 10% of high school students attempted suicide*
- 23% of lesbian, gay, or bisexual high school students attempted suicide

Take Action

- Get trained in QPR Gatekeeper Training:
 - Contact Clarie Miller (clarie.miller@doh.nm.gov)
- Join the New Mexico Suicide Prevention Coalition:
 - Send an email to suicidepreventionprogram@doh.nm.gov



New Mexico
**Suicide Prevention
Coalition**

Data Sources

1. Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2021 on CDC WONDER Online Database, released in 2023. All rates are age-adjusted when data are available and when not describing within age categories
2. 2021 Youth Risk and Resiliency Survey (NM); NMDOH and NM PED

*Attempted Suicide is the percent of high school students who reported attempting suicide in the past 12 months
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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. Although these warning signs may not cause a person to die by suicide, they indicate emotional distress and a likely need for help.

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 Training**
 - Contact Clarie Miller (clarie.miller@doh.nm.gov)

For more information about NMDOH's Suicide Prevention Program, please contact:
Suicide Prevention Program (suicidepreventionprogram@doh.nm.gov)

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

For more information about Suicide Data, please contact:
Suicide Prevention Program (suicidepreventionprogram@doh.nm.gov)