

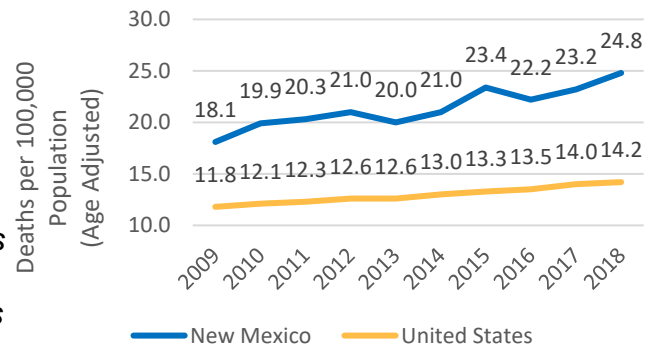
Suicide in New Mexico

How many people in New Mexico died by suicide in 2018?

- ◇ 535 New Mexicans died by suicide for an age-adjusted rate of 24.8 deaths/100,000 residents.
- ◇ Suicide was the 8th leading cause of death among New Mexico residents. Among those 15-17 years, suicide was the leading cause of death by age group, tied with unintentional injuries. Among those 5-14 and 18-34 years, suicide was the second leading cause of death by age group, and among those 35-44 years, it was the third leading cause.
 - ◇ *New Mexico had the second highest suicide rate in the U.S. in 2018*

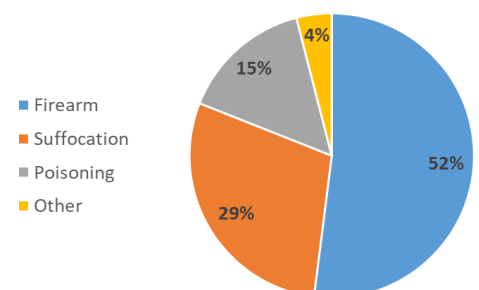
What is the trend in suicide rates over the past decade?

- ◇ Suicide rates have been increasing in New Mexico and the U.S. over the past decade.
 - ◇ *New Mexico's rate has consistently been more than 50% higher than the U.S. rate*
- ◇ New Mexico suicide rates increased by 37% from 2009-2018.
 - ◇ *Rates among Whites increased 38.2%; rates among American Indians increased 55.4% and more than doubled over the past 5 years*
 - ◇ *Rates among those aged 10-14 tripled, with most of the increase occurring from 2016-2018; rates among those aged 65-74 doubled*



Who dies by suicide in New Mexico?

- ◇ In 2018, American Indians and Whites had the highest rates of suicide — 31.7 and 30.4 deaths per 100,000 persons, respectively.
 - ◇ *For American Indians, the rate was highest among those younger, especially 25-34 years*
 - ◇ *For Whites, the rate was highest among those older, especially 45-54 and 65-74 years*
- ◇ The suicide rate for males was more than three times that for females.
- ◇ Among age groups, the rate was highest among males 20-24 years and females 25-34 years.
 - ◇ *Rates among residents 10-14 years showed a 70% increase from 2017-2018, while those 15-19 and 85+ years showed large decreases*
- ◇ 52% of those who died by suicide in 2018 used a firearm.
 - ◇ *The male firearm suicide rate was more than six times that of females*
 - ◇ *Suicide rates by firearm and suffocation have increased by 40% and 58%, respectively, over the past decade*



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Why is suicide a public health issue?

- ◇ Suicide is associated with having a mental illness and/or substance use diagnosis, psychosocial trauma or conflict, recent loss, family history of suicide and personal history of suicide attempt.
- ◇ Most suicides have multiple precipitating conditions such as depression, intimate partner problems, physical health conditions, financial challenges and legal problems.
- ◇ Comprehensive strategies incorporating all levels of government, healthcare providers, schools, community-based organizations, and community members can prevent suicides.

Warning Signs of suicide include:

- ⇒ Talking about wanting to die
- ⇒ Looking for a way to kill oneself
- ⇒ Talking about feeling hopeless or having no purpose
- ⇒ Talking about feeling trapped or in unbearable pain
- ⇒ 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

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

What To Do if someone you know exhibits warning signs of suicide:

- ⇒ Do not leave the person alone
- ⇒ Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- ⇒ Call the New Mexico Crisis and Access Line at 1-855-NMCRISIS (662-7474), the Agora Crisis Center at 1-505-277-3013 or the U.S. National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- ⇒ Take the person to an emergency room or seek help from a medical or mental health professional



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