Why is mental health a public health issue for youth & young adults?

- Most mental, emotional, and behavioral disorders have their roots **early in life**
- Mental health affects a young adult’s ability to **form healthy personal relationships, succeed in school, and transition into the workforce**
- Mental disorders increase risk of **substance abuse and suicide**
- Early interventions can **prevent and delay** mental disorders later in life

How does New Mexico compare to other states?

- New Mexico and the United States have similar rates of mental illness for young adults 18-25 years of age
- However, the New Mexico suicide rate was **72% higher** than that of the United States in 2013 for young adults 16-24
  
  ◊ *Suicide was the 2nd leading cause of death* for New Mexico residents 10 to 44 years of age 2009-2013, after unintentional injury

How big is the problem in New Mexico?

- 10.7% of youth 12-17 years of age and 9.4% of young adults 18-25 years of age had a **major depressive disorder** in the past year
- 7.1% of young adults **seriously considered suicide** in the past year
- 4.4% of young adults had a **serious mental illness** in the past year
- 20.2% of high school students **intentionally hurt themselves** (without wanting to die) in the past year
- There has been a **decreasing prevalence** of suicidal ideation and suicide attempts among high school students in New Mexico since 2003
- In 2013, there were 671 hospitalizations for **mood disorders** and 202 hospitalizations for **schizophrenic disorders** among youth 16-24 years of age
- In 2014, there were 986 emergency department visits for **intentional self-injury** among youth 16-24 years of age
Who is at risk?

- In high school and middle school, **girls** are more likely to feel sad/hopeless, to intentionally hurt themselves, and to consider suicide.
- In high school, **Hispanic and Native American** students are more likely to attempt suicide.
- **Lesbian, gay, bisexual, and transgender** youth are at higher risk for all measured indicators of mental health than heterosexual youth.
- High school students with **physical or mental disabilities** are at higher risk for all measured indicators of mental health than those without disabilities.
- High school students who use **cocaine**, **methamphetamines**, **heroin or painkillers**, smoke **cigarettes**, or drink **alcohol** are more likely to attempt suicide than those who don’t use substances.
- People who experience **adverse childhood events** (ACEs) are more likely to have behavioral and physical health conditions as an adult.

![Number of ACEs as a Child, 18-26 years, New Mexico, 2009](chart)

<table>
<thead>
<tr>
<th>Number of ACEs as a Child</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>0 ACEs</td>
<td>40%</td>
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<tr>
<td>1 ACE</td>
<td>21%</td>
</tr>
<tr>
<td>2 ACEs</td>
<td>9%</td>
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<tr>
<td>3 ACEs</td>
<td>7%</td>
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<tr>
<td>4+ ACEs</td>
<td>23%</td>
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</tbody>
</table>

If you or someone you know is experiencing an emotional crisis, please call the

**New Mexico Crisis and Access Line 24/7 at 1 (855) NMCRISIS (662-7474)**

Sources:
New Mexico Death Certificate Database, Bureau of Vital Records and Health Statistics, Epidemiology and Response Division, NMDOH.
National Center for Health Statistics, Centers for Disease Control and Prevention.
New Mexico Youth Risk & Resiliency Survey, Injury and Behavioral Epidemiology Bureau, Epidemiology and Response Division, NMDOH.
New Mexico Hospital Inpatient Discharge Dataset, Health Systems Epidemiology, Epidemiology and Response Division, NMDOH.
New Mexico Emergency Department Discharge Dataset, Health Systems Epidemiology, Epidemiology and Response Division, NMDOH.
New Mexico Behavioral Risk Factor Surveillance System, Injury and Behavioral Epidemiology Bureau, Epidemiology and Response Division, NMDOH.

Jessica Reno | Mental Health Epidemiologist | Jessica.Reno@state.nm.us