

# 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
- **4<sup>th</sup> 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

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

#### Highest Suicide Rates

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

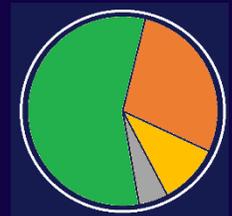
#### Gender

- 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](mailto: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](mailto: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](mailto:clarie.miller@state.nm.us))

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