

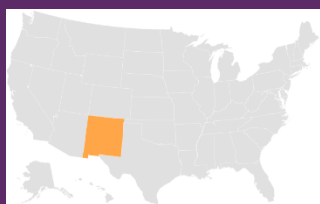
Suicide is Preventable

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



New Mexico

- **489** suicide deaths or about **9 per week** on average
- **5th highest rate** of suicide among all U.S. states
- New Mexico's suicide rate was **62% higher** than the U.S. rate

Leading Cause of Death

- **9th** leading cause of death
- **3rd** leading cause of death for those aged 5-17
- **6th** leading cause of death for men

Highest Suicide Rates

- **American Indians/Alaska Natives** ages **15-34**
- **Whites** ages **15-44**

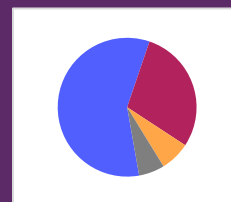
Gender

- There were about **6 male** suicide deaths for each **1 female** death
- Most **Male** suicide deaths involved a **firearm** (61%)



Suicide Mechanism

- **58% Firearm** **
- **29%** Hanging or Suffocation
- **7%** Overdose or Poisoning
- **6%** Other Causes



Suicide Trends from 2014 to 2023:

- The suicide rate increased 9%
- The suicide rate with a firearm increased 15%
- The suicide rate of American Indians/Alaska Natives increased 31%

Youth Suicide Attempts in 2023:

- 8% of high school students attempted suicide in the past 12 months
- 21% of lesbian, gay, or bisexual high school students attempted suicide in the past 12 months

Take Action

- **** For free training on reducing Access to Lethal Means:**

○ <https://www.calmamerica.org/>



Data Sources

Centers for Disease Control and Prevention, National Center for Health Statistics.

Underlying Cause of Death 1999-2023 on CDC WONDER Online Database, released in 2024.

2023 Youth Risk and Resiliency Survey (NM); NMDOH and NM PED

*All rates are age-adjusted when data is available and when not describing within age categories

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

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://www.nmhealth.org/about/phd/pchb/supp/>
- <https://www.nmhealth.org/about/phd/pchb/osah/>

For more information about NMDOH's Suicide Prevention Program and to join the Statewide Suicide Prevention Coalition, please contact: suicidepreventionprogram@doh.nm.gov

For more information about Suicide Data, please contact: [Dylan Pell, DOH Mental Health Epidemiologist \(dylan.pell@doh.nm.gov\)](mailto:dylan.pell@doh.nm.gov)

