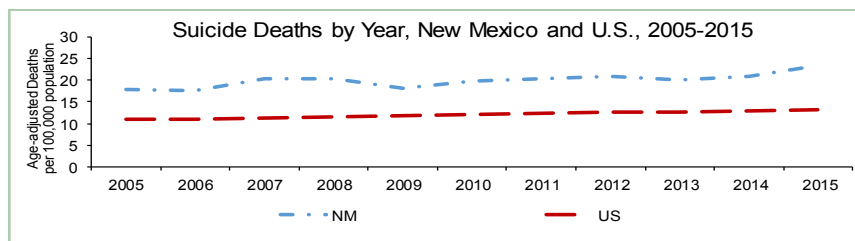


# Suicide in New Mexico

## How many people in New Mexico died by suicide in 2015?

- 498 New Mexicans died by suicide, an age-adjusted rate of 23.5 deaths/100,000 residents.
  - ◇ *Suicide accounted for 8.7% of all years of potential life lost before 75 years in NM*
- Suicide was the 8th leading cause of death among New Mexico residents and the second leading cause of death by age group for NM residents 10-49 years.
  - ◇ *New Mexico had the fourth highest suicide rate in the U.S., down from third in 2014*

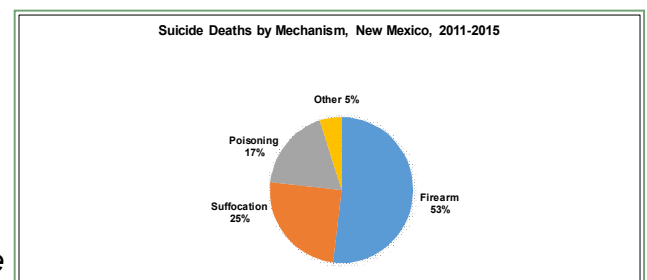


## What is the trend in suicide rates over time?

- 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 32% from 2005-2015 and 17.5% from 2013-2015.
  - ◇ *Over the past decade, rates among White adults increased significantly — by 53%*
  - ◇ *Suicide rates among adults 65+ years increased by 52% from 2009 to 2015*

## Who dies by suicide in New Mexico?

- In 2015, Whites and American Indians had the highest rates of suicide — 32.5 and 25.2 deaths per 100,000 persons, respectively.
  - ◇ *For Whites, the suicide rate was highest among those 35 years and older*
  - ◇ *For American Indians, the rate was highest among those younger than 35 years*
- The suicide rate for men was more than three times that for women.
  - ◇ *The rate was highest for males 75 years and older and for females 45-54 years old*
- 53% of those who died by suicide from 2011-2015 used a firearm.
  - ◇ *Suicide rates by firearm have increased significantly over the past decade*
  - ◇ *The male firearm suicide rate in 2015 was six times higher than the female firearm suicide rate*



# Suicide in New Mexico

## 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 Line at 1-855-NMCRISIS (662-7474) 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



**For more information** about mental health data in New Mexico, please contact:  
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