

## Mental Health in Youth & Young Adults

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### 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 **2<sup>nd</sup> 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

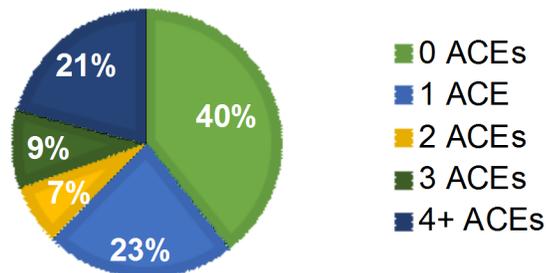
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### Who is at risk?

- 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



**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) NMCRIISIS (662-7474)**

#### Sources:

National Research Council and Institute of Medicine. Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities. Washington, D.C., United States, 2009.

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