



2026 Suicide Update for NM Suicide Prevention Coalition

Dylan Pell, New Mexico Department of Health
dylan.pell@doh.nm.gov

Self Care & Resources



For many people, Mental Health and Suicide is a difficult topic to discuss.

Please **monitor yourself**, and feel free to **take a break**, **turn off or mute the presentation**, or **take deep breaths**.

To talk with someone, here are some sources of support...

988 – Access mental health support now

855-662-7474 NM Crisis & Access Line

505-277-3013 Agora Crisis Center (at UNM)





24/7 Lifeline
for Emotional,
Mental or
Substance Use Distress

3 Ways to Connect

You Matter!!



Where Does This Data Come From?



• Surveys

- Youth Risk and Resiliency Survey (YRRS) – Survey of New Mexico public high school and middle school students
- Behavioral Risk Factor Surveillance System (BRFSS) – Telephone survey of New Mexico adults
- National Survey on Drug Use and Health (NSDUH) – National Face to Face survey of adolescents and adults

• Death Records

- Death Certificates/Vital Records (Death Data – Bureau of Vital Records and Health Statistics (BVRHS))

• Emergency Room Visits

- National Syndromic Surveillance Program (NSSP) - 37 New Mexico hospitals provide records of emergency department visits

Suicide is a Significant Public Health Concern

- In 2023, New Mexico had:
 - The **fifth highest rate of suicide** in the United States
 - States ahead of New Mexico: Alaska, Montana, Wyoming, and Idaho
 - A suicide rate **62% higher than the US rate**
 - States with the lowest rates:
 - New Jersey – New Mexico's rate was 3.2 times higher
 - New York - New Mexico's rate was 2.7 times higher
 - Massachusetts - New Mexico's rate was 2.7 times higher

Note: Comparisons to other states come from CDC Wonder Dashboard which has not been updated with 2024 data.

Note: Rates reported in this presentation are age-adjusted unless otherwise stated
Source: 2023 CDC Wonder

New Mexico Suicide Results - 2024

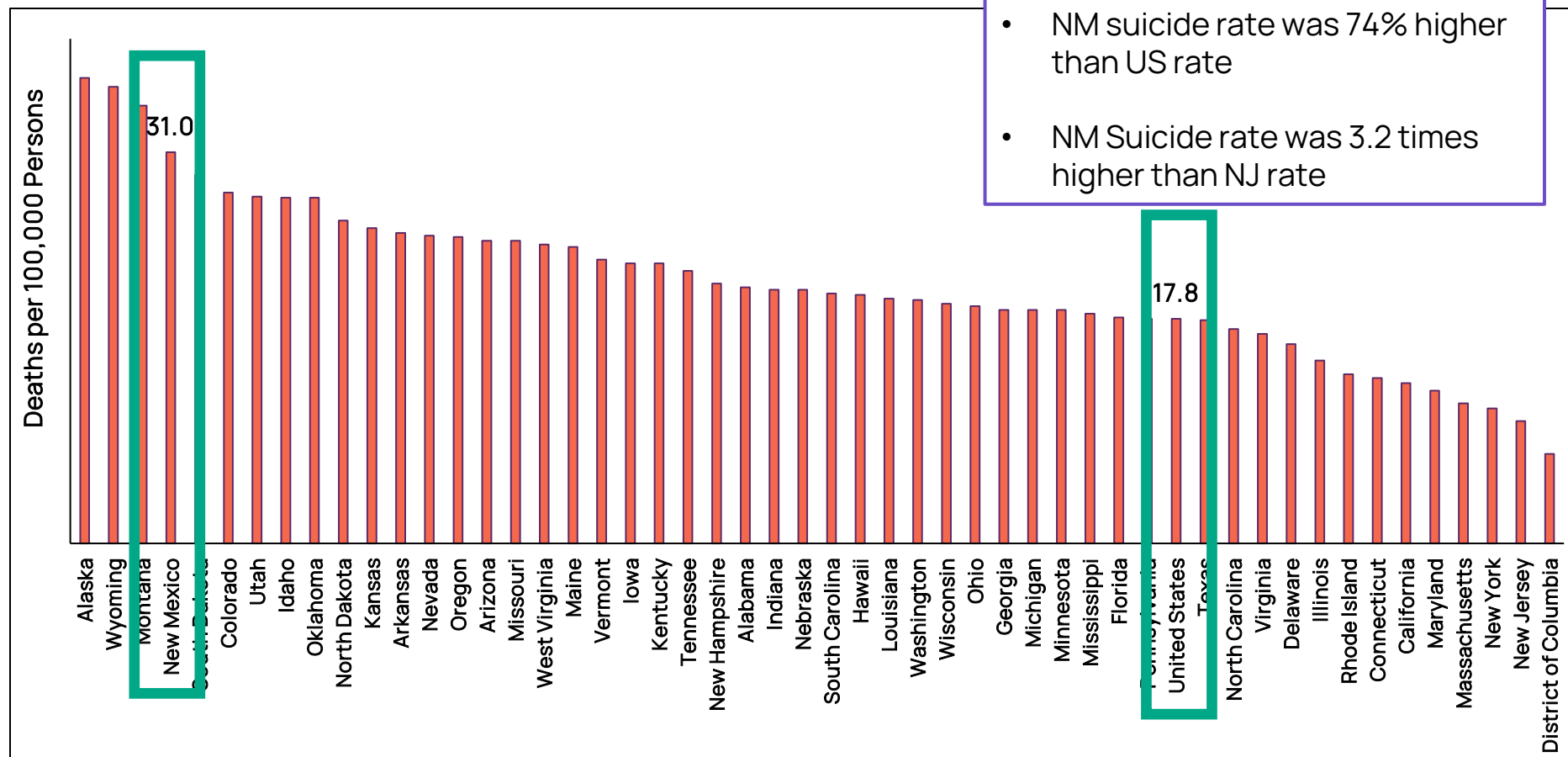
- 513 Deaths – an average of almost 10 deaths per week
- Highest suicide rates among:
 - Males – Males had a suicide death rate **four times higher** than females
 - White residents
 - Younger adults (ages 18-44) and older adults (ages 75+)
- 293 suicide deaths (**57%**) included a firearm in the cause of death
- Compared to 2023, the rate of New Mexico suicide in 2024 was **9.2% higher**

Note: Rates reported in this presentation are age-adjusted unless otherwise stated

Source: 2023 NM Death Data: BVRHS

Suicide by State

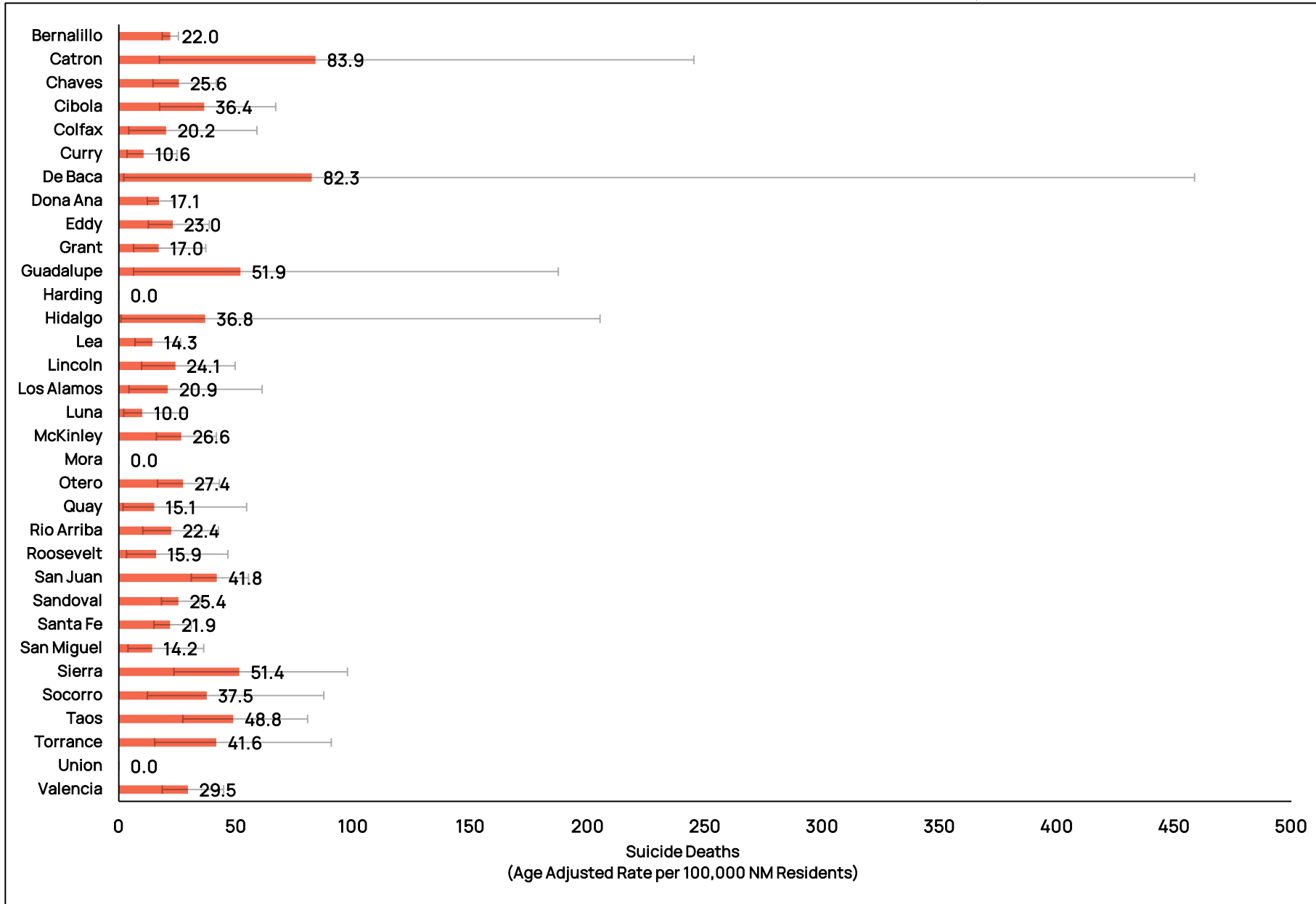
Ages 16-64, United States, 2018-2023



Source: 2018-2023 Underlying Cause of Death Data: CDC WONDER

Suicide Deaths by County

New Mexico, 2024

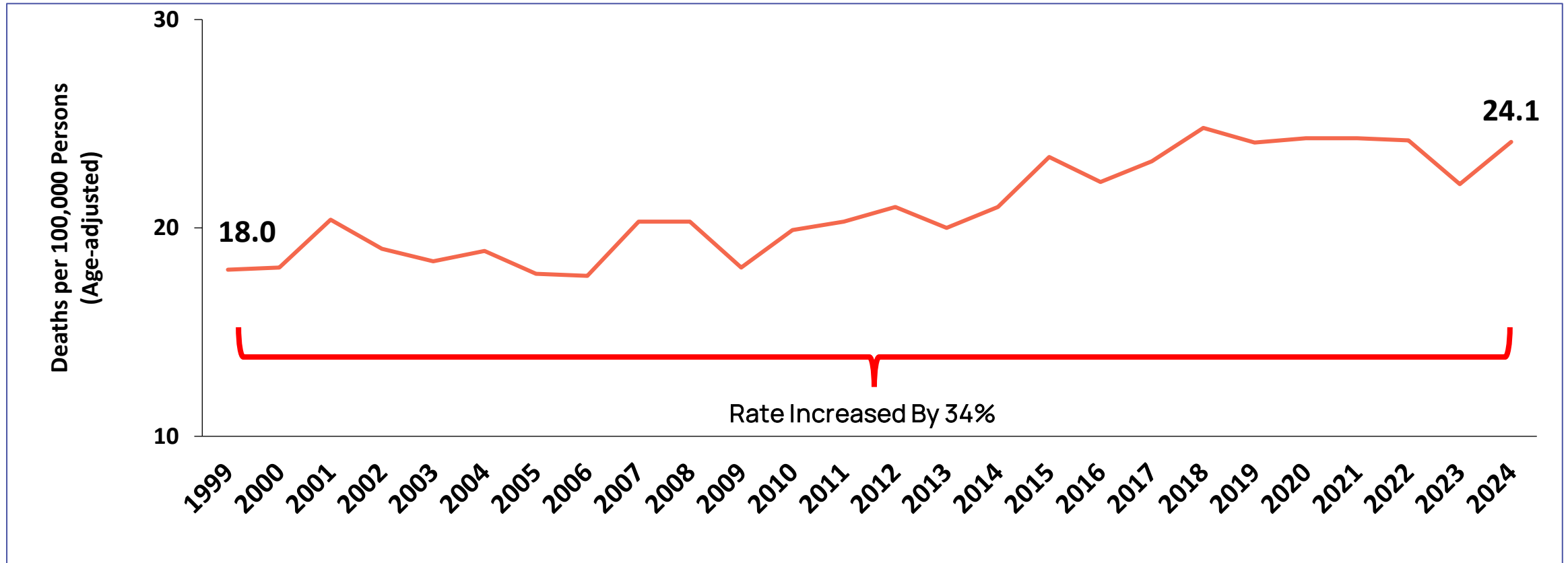


Note: 95% confidence intervals shown - most differences between counties are not statistically significant.

Source: 2024 NM Death Data: BVRHS; US Rates come from CDC Wonder

Suicide Deaths

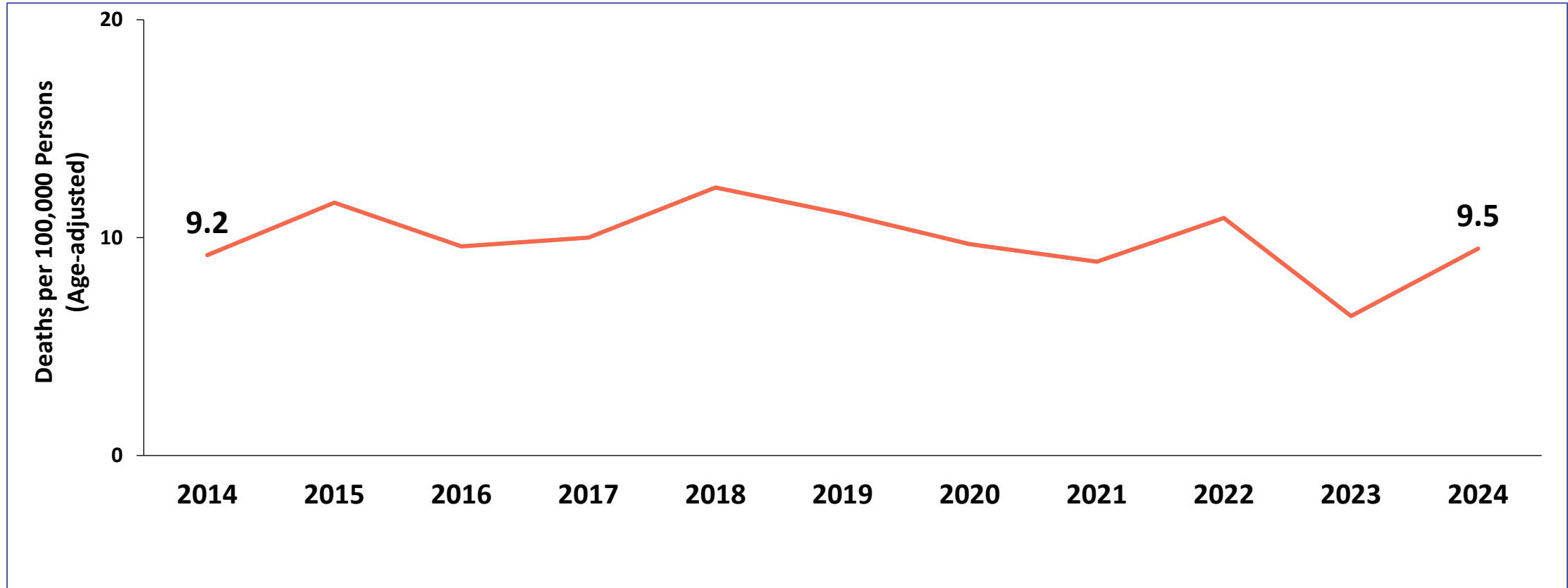
New Mexico, 1999 - 2024



Source: 1999-2024 NM Death Data: BVRHS

Suicide Deaths

Females, New Mexico, 2014 - 2024

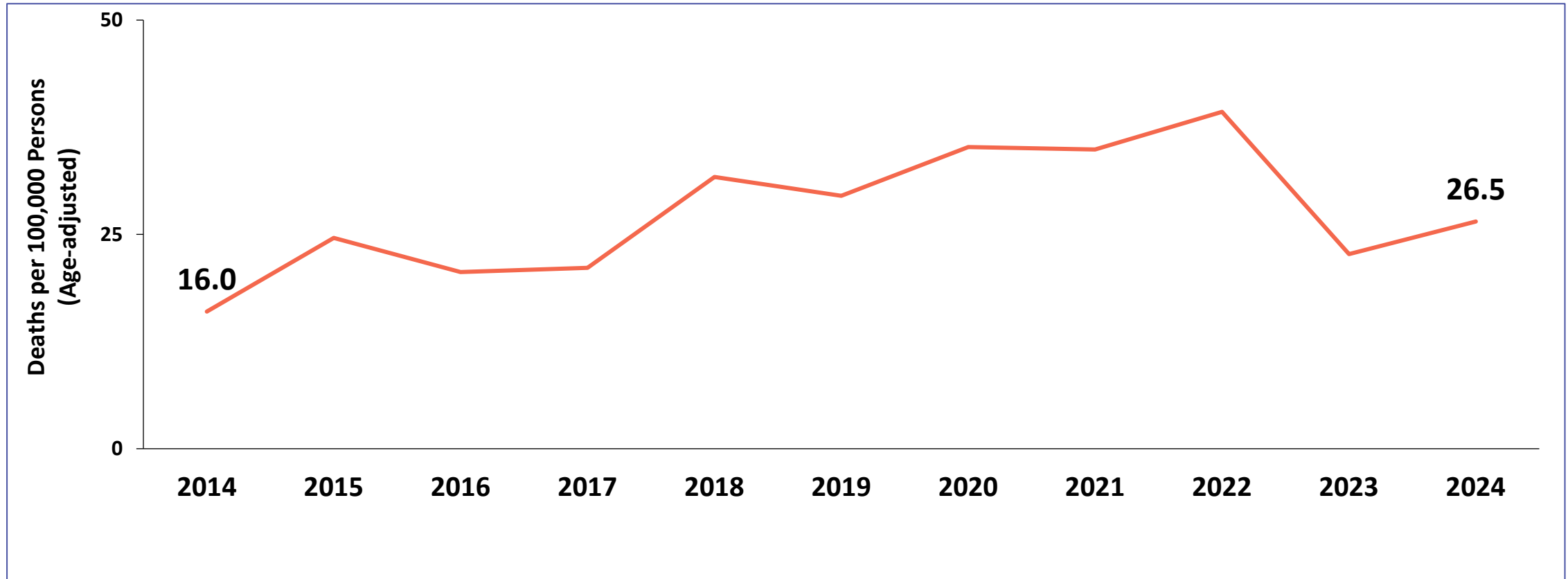


Source: 2014-2024 NM Death Data: BVRHS

Suicide Deaths



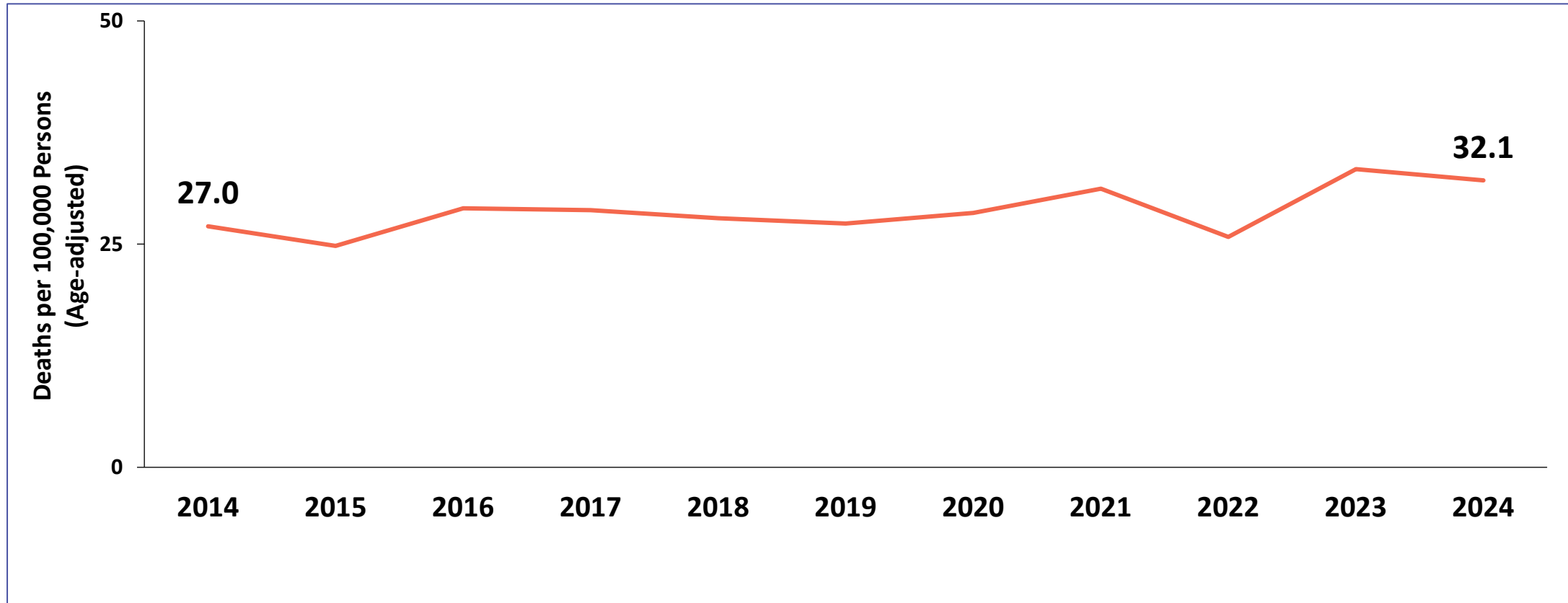
American Indian or Alaska Native, New Mexico, 2014 - 2024



Source: 2014-2024 NM Death Data: BVRHS

Suicide Deaths

Hispanic Males, New Mexico, 2014 - 2024

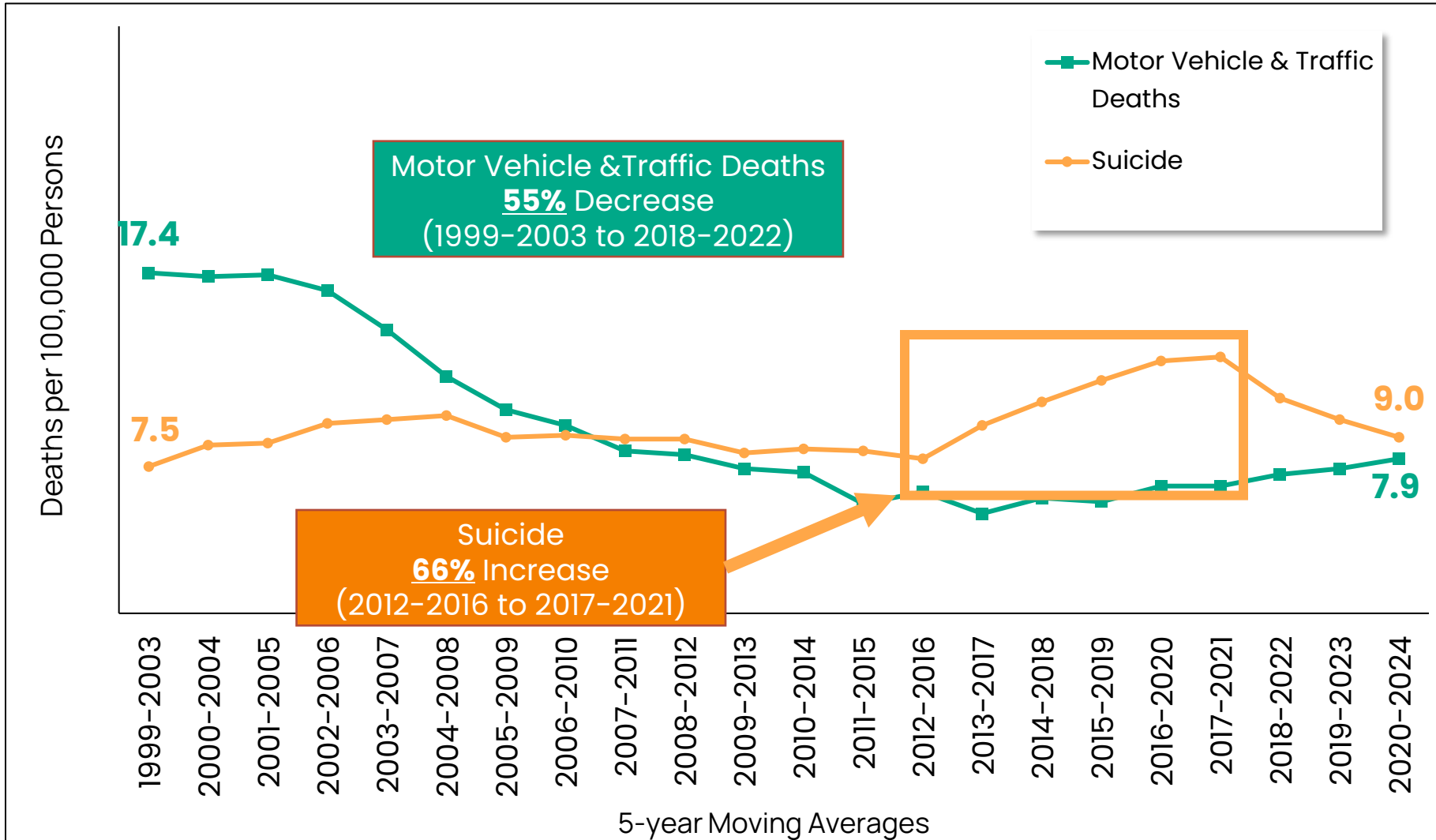


Source: 2014-2024 NM Death Data: BVRHS

Select Changes in Suicide Trends by Age Group

Two Leading Causes of Death

Ages 11-17, New Mexico, 1999-2003 through 2018-2022



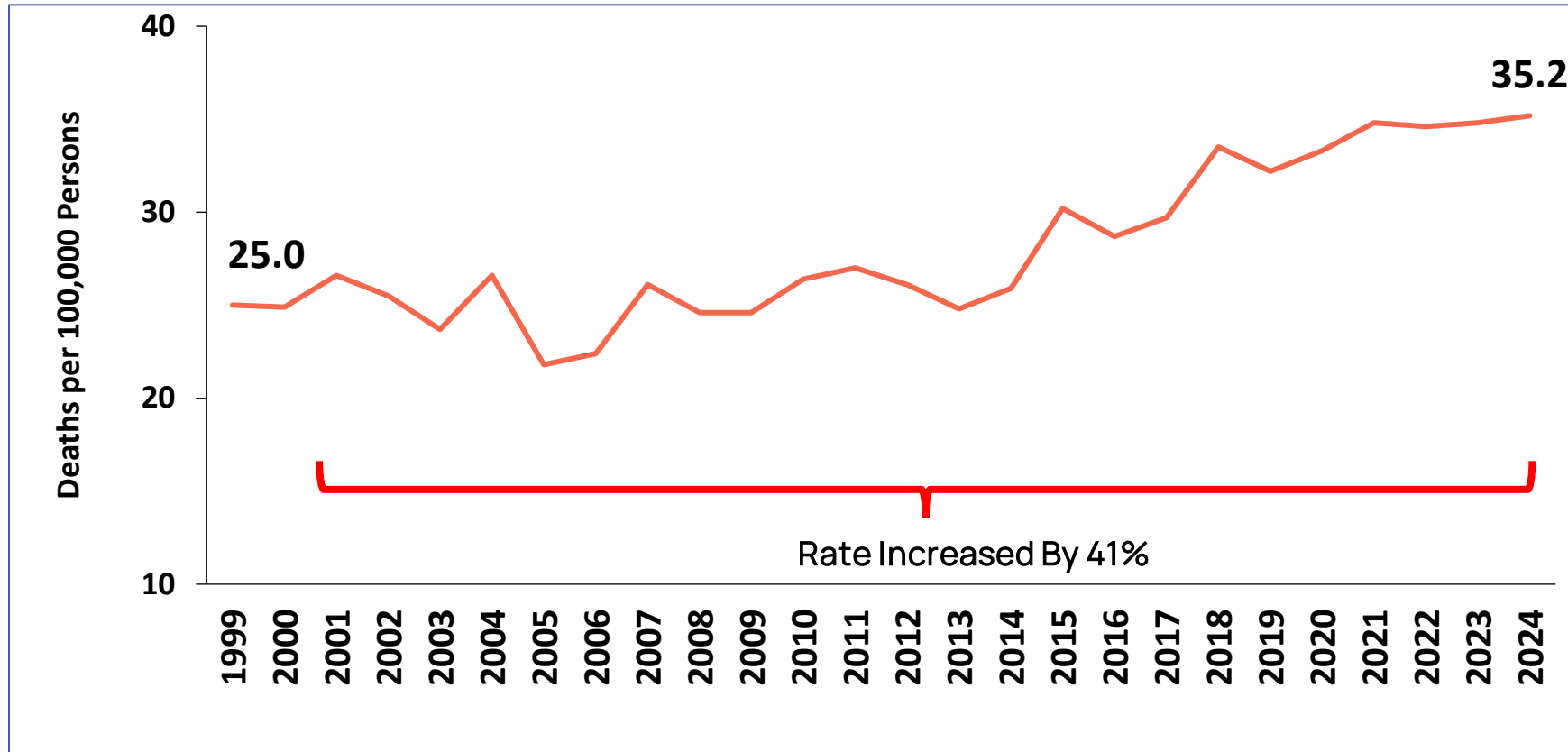
From 2017-2021 to 2020-2024, suicide deaths among youth ages 11 to 17 decreased 31%

Firearms and Youth Suicide

- From 2020 to 2024:
 - **50 youth**, ages 11-17, died from suicide with the discharge of a firearm (56% of adolescent suicide deaths) including **8 children** who were aged 13 or younger
- In 2023, 41% of New Mexico high school students reported there is a “gun” in their household
- In 2023, 1 in 125 students brought a firearm on school property
 - Students who had attempted suicide **were 7 times as likely** to bring a firearm on school property as students who did not attempt suicide

Suicide Deaths

Ages 18-44, New Mexico, 1999 - 2024



In 2024, 265 suicide deaths (52%) were among adults aged 18-44

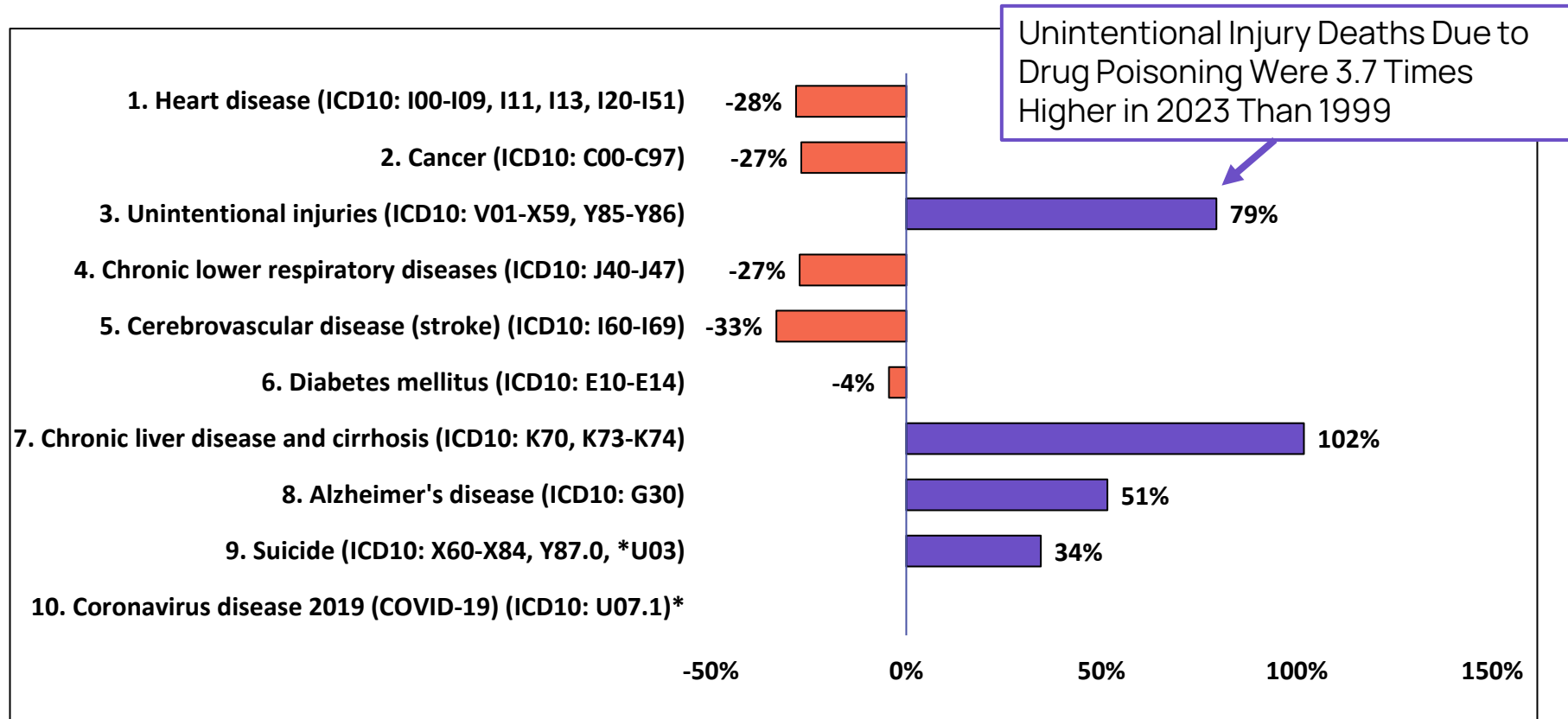
The highest rate was among adults, aged 24-34, with 103 deaths in 2024 or 20% of all deaths.

Source: 1999-2024 NM Death Data: BVRHS

State of Mental Health in New Mexico

Percent (%) Change From 1999 to 2023 in Age-adjusted Rate of Death by Leading Cause of Death

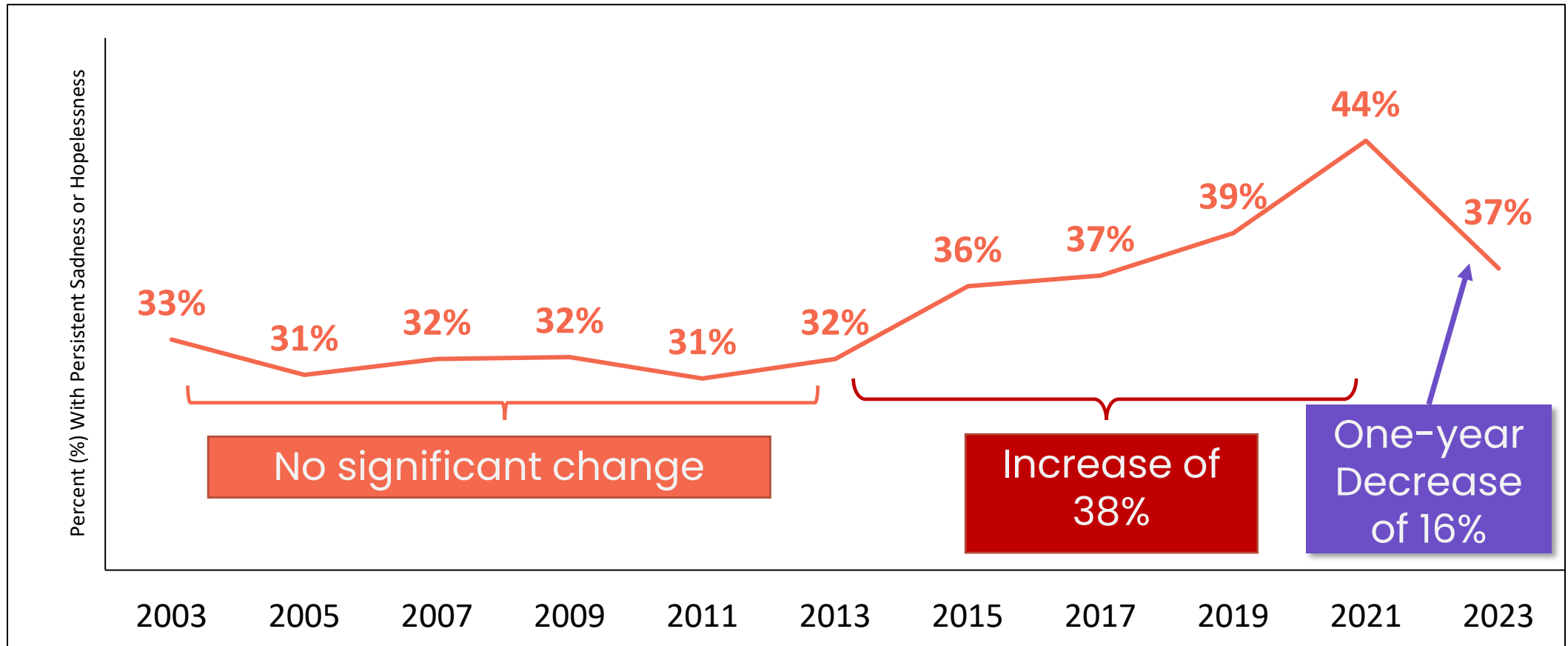
New Mexico, 1999 and 2023



Note*: COVID-19 became a leading cause of death in 2020

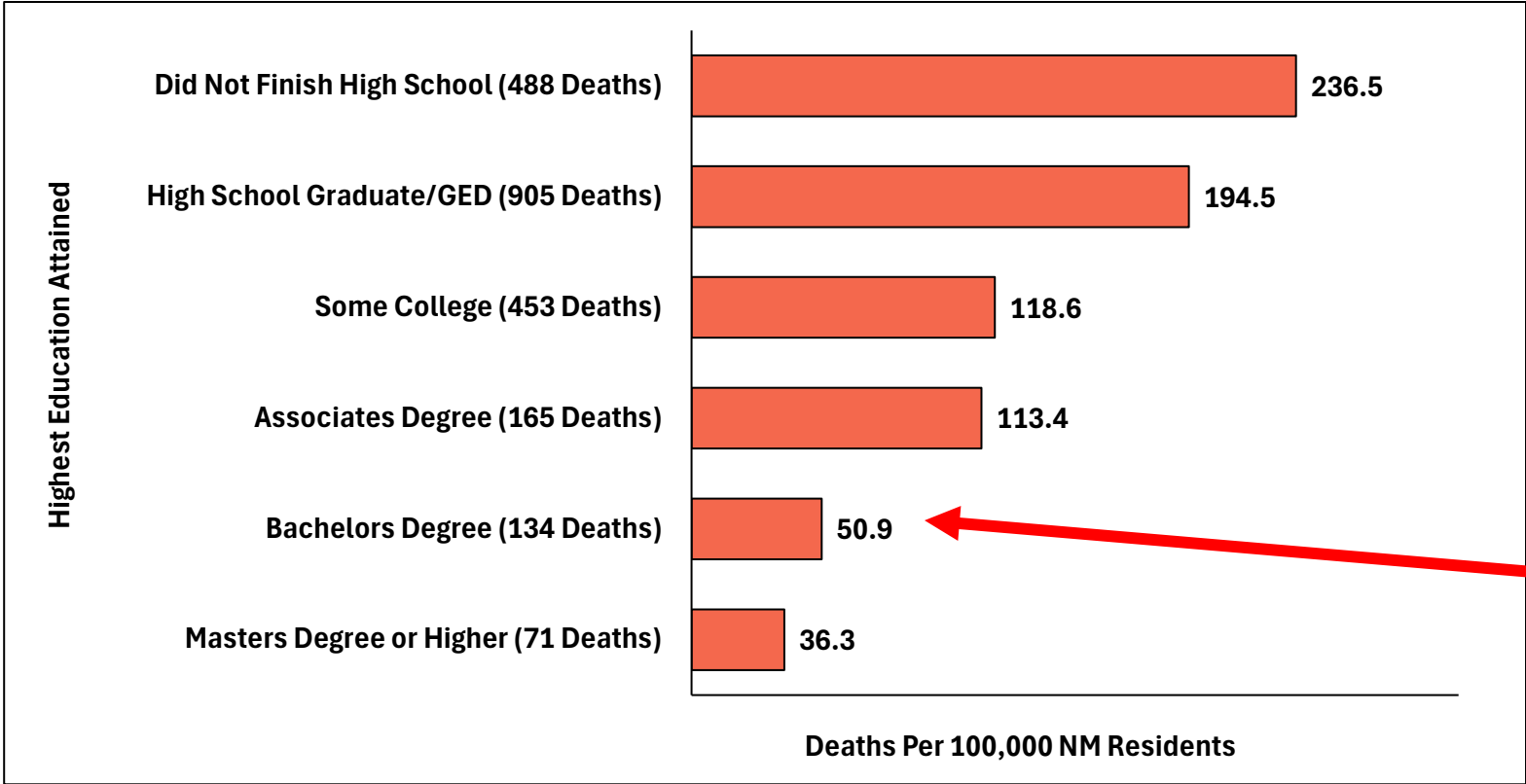
Source: 1999 and 2022 NM Death Data: Bureau of Vital Records and Health Statistics (BVRHS); Queried from NM IBIS (<https://ibis.doh.nm.gov/>)

Persistent Sadness or Hopelessness Grades 9-12, New Mexico, 2003-2023



Source: 2003 - 2021 NM YRRS; NMDOH Survey Section and NMPED

Drug Overdose, Suicide, and Alcohol-induced Causes of Death by Highest Education Attained Ages 18+, New Mexico, 2022



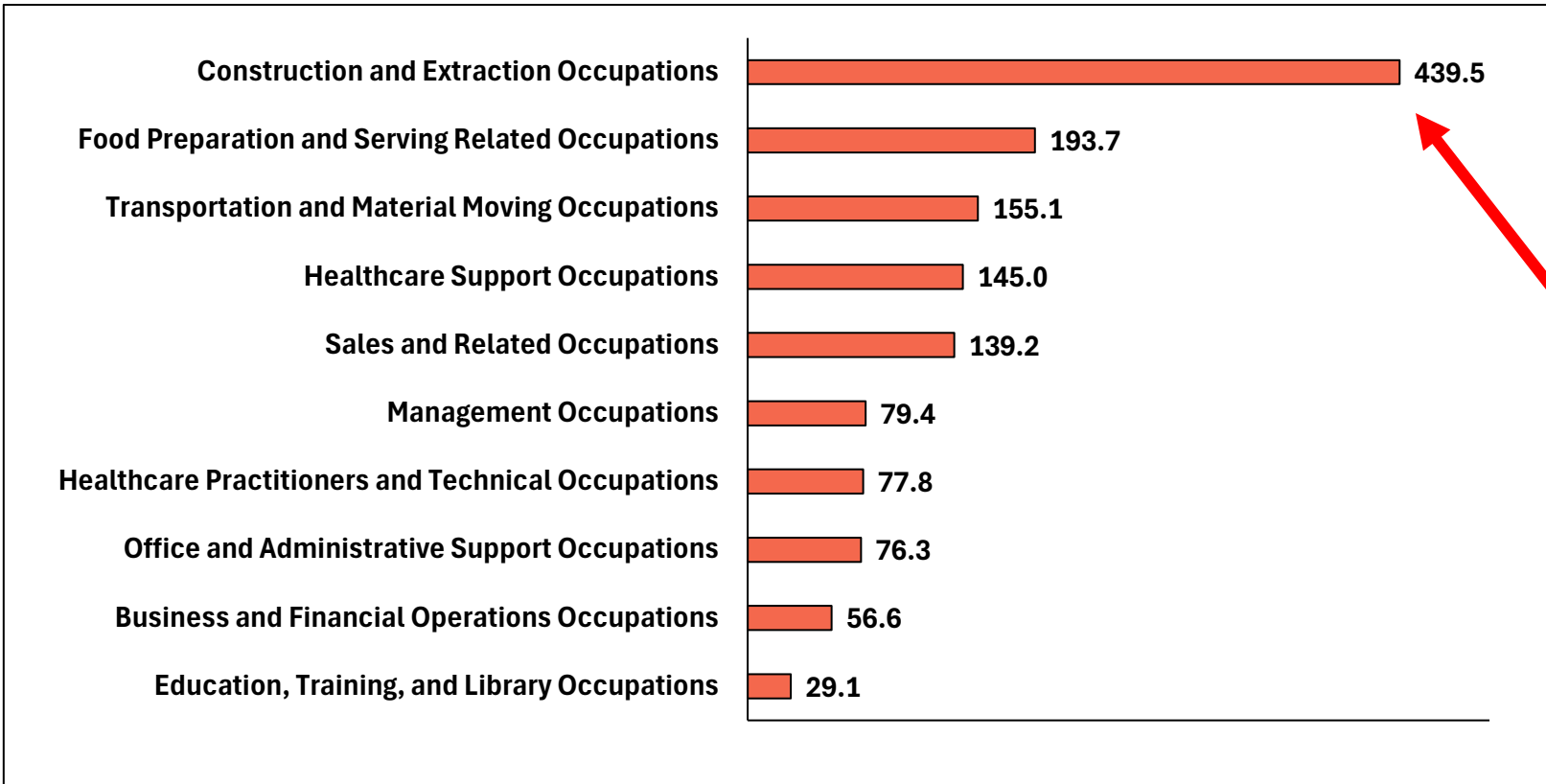
Adults who finished a bachelor's degree were **78% less likely to have died** due to drug overdose, suicide, or an alcohol-induced cause of death than adults who did not graduate high school or attain a GED

Source: New Mexico Death Data: BVRHS

Note: Population and death estimates use highest education attained estimates from the US Census Public Use Microdata Sample (PUMS)

Drug Overdose, Alcohol-induced and Suicide Deaths by Occupation

Ages 16 to 64, New Mexico, 2022



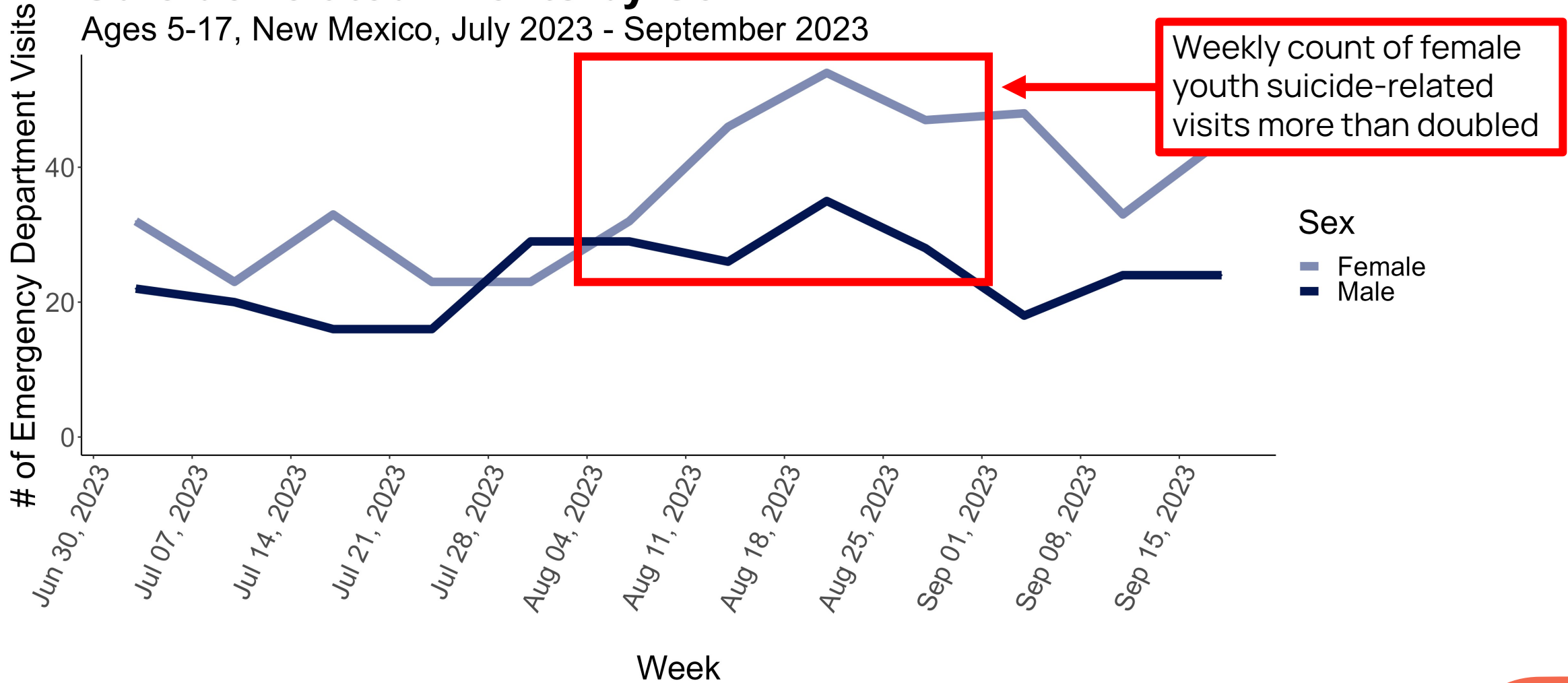
Individuals in construction and extraction occupations **were 15 times as likely to die of drug-overdose, an alcohol-induced cause, or suicide** as those in education, training, and library occupations

Source: New Mexico Death Data: BVRHS

Note: Population and death estimates use Standard Occupational Classification (SOC) coding and population estimates from the US Census Public Use Microdata Sample (PUMS)

Suicide-related Events by Sex

Ages 5-17, New Mexico, July 2023 - September 2023



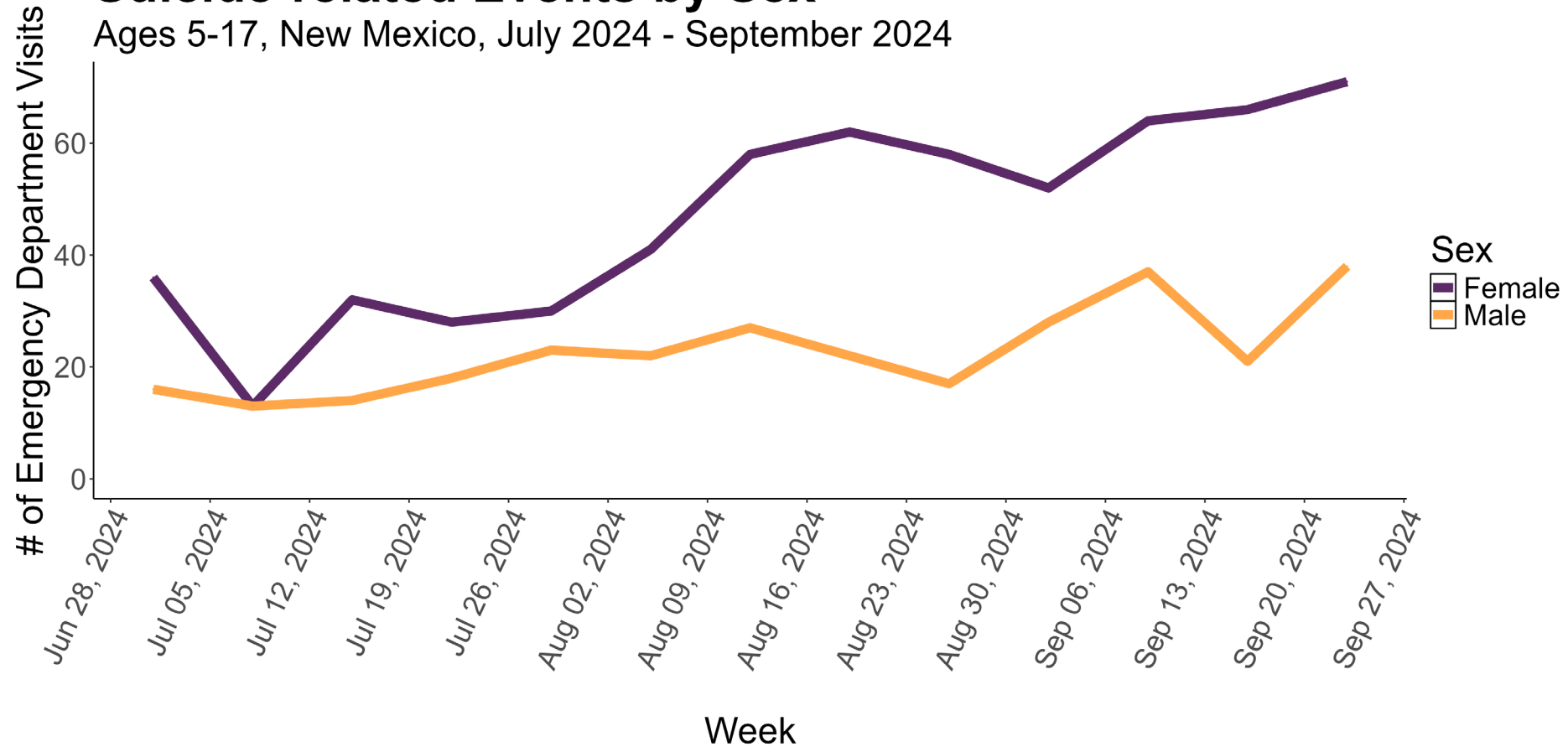
Week

Source: CDC-NSSP - Data Retrieved on 2023-10-30

One Year Later

Suicide-related Events by Sex

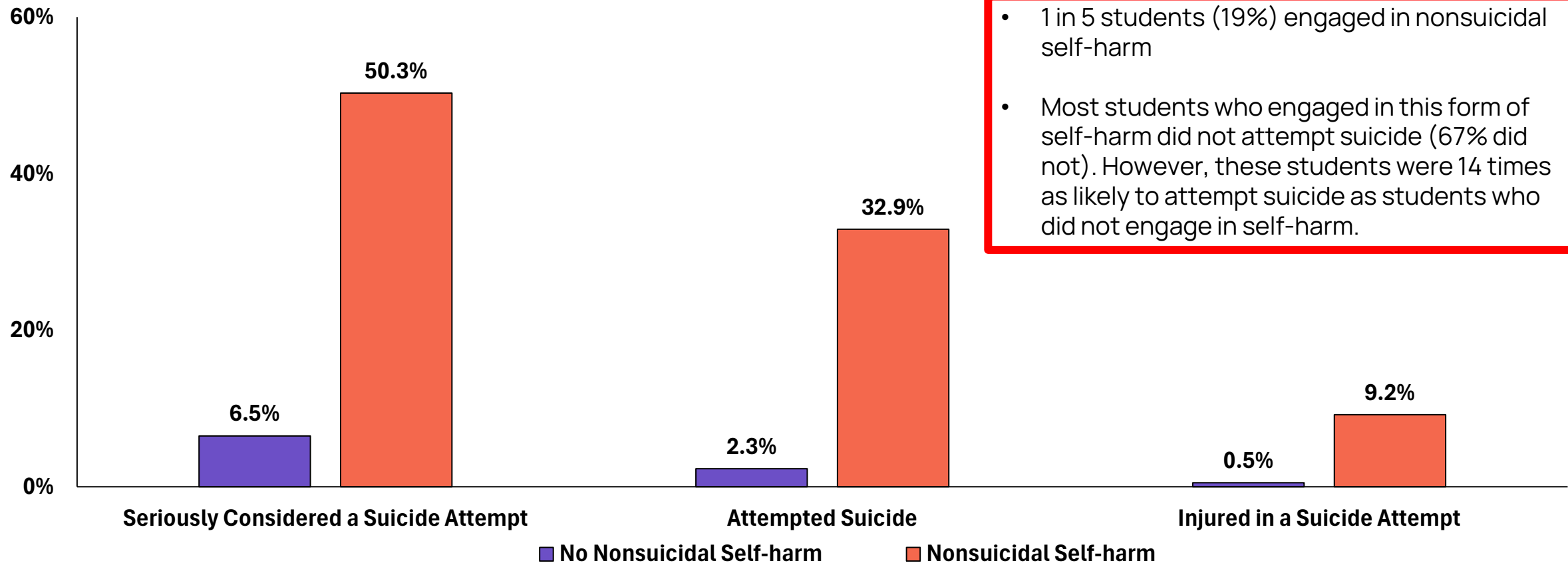
Ages 5-17, New Mexico, July 2024 - September 2024



Source: CDC-NSSP - Data Retrieved on November 26, 2024

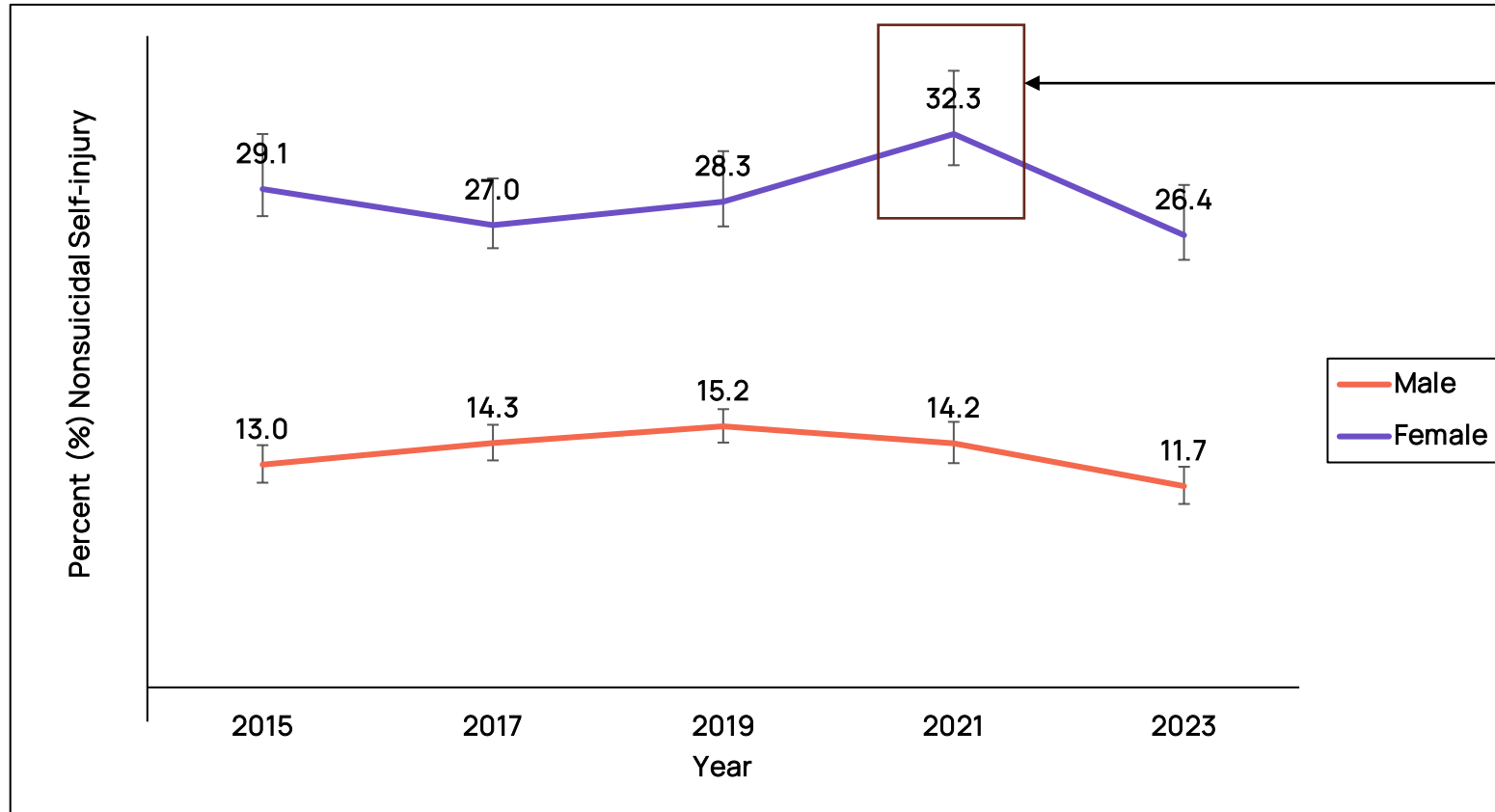
Nonsuicidal Self-harm and Suicide-related Behaviors

Grades 9-12, New Mexico, 2023



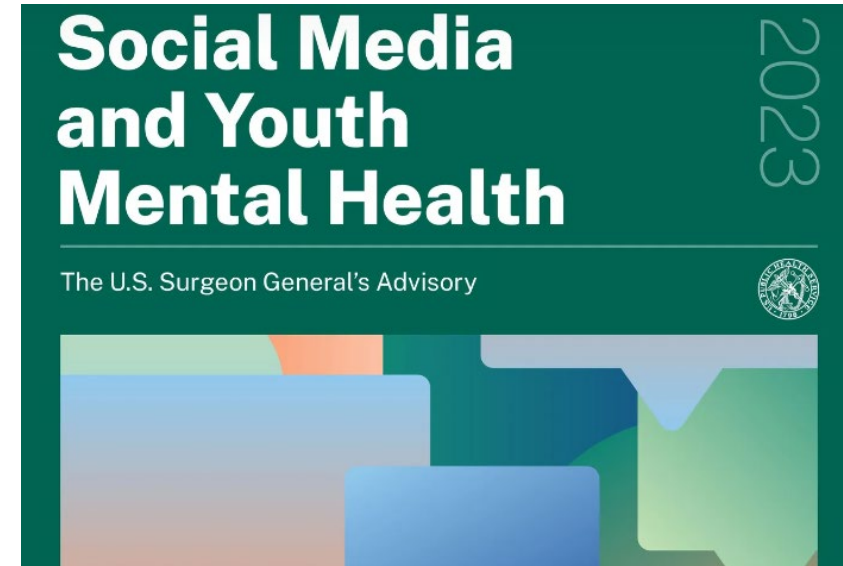
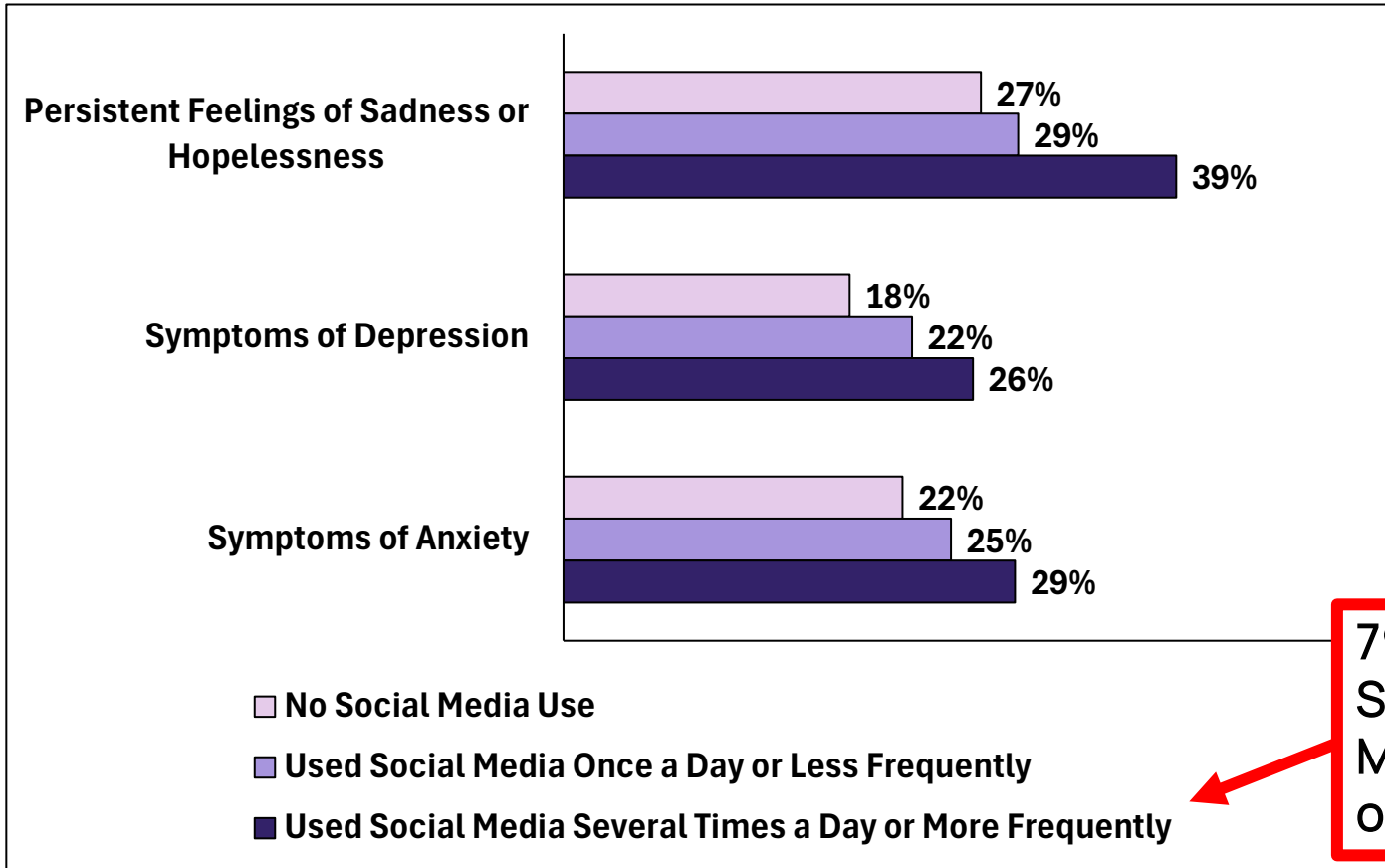
Nonsuicidal Self-harm– Purposely hurt self without wanting to die in the last 12 months such as cutting or burning themselves

Nonsuicidal Self-injury by Year and Sex Grades 9-12, New Mexico, 2015 to 2023



- In 2023, female students were two and half times as likely to engage in nonsuicidal self-injury as male students

Social Media and Mental Health



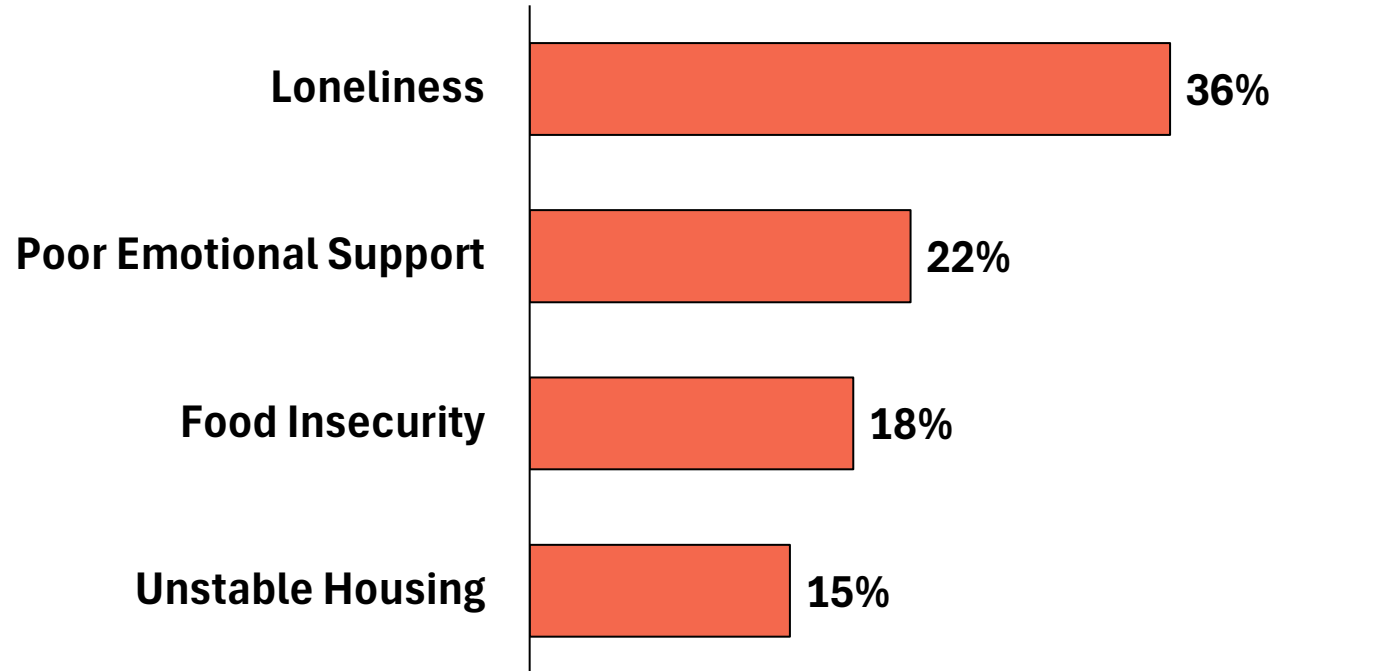
79% of High school Students Used Social Media Several Times a Day or More Frequently

ort:
[general/priorities/youth-mental-health/social-media/index.html](https://www.hhs.gov/general/priorities/youth-mental-health/social-media/index.html)

Data Spotlight: Social Determinants of Health

Social Determinants of Health

Ages 18+, New Mexico, 2022

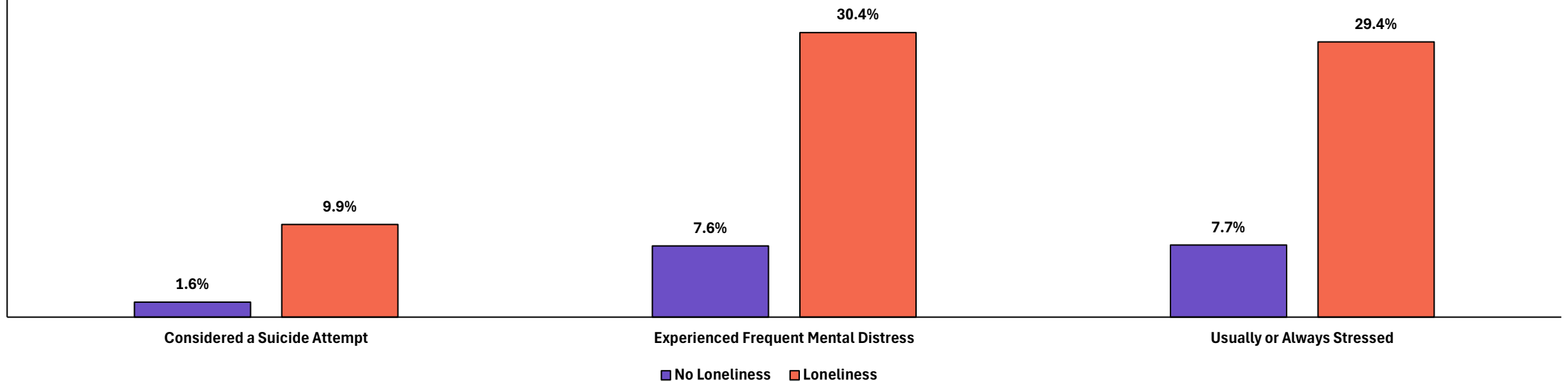


- 1 in 3 NM adults were lonely
- 1 in 5 NM adults had poor emotional support
- 1 in 6 NM adults experienced food insecurity
- 1 in 7 NM adults had unstable housing

Mental Health Indicators By Loneliness

Ages 18+, New Mexico, 2022

- 90% of adults who considered suicide were also lonely
- New Mexico had the highest prevalence of social isolation among all states who asked this question in 2022



Loneliness– Usually or always feel socially isolated from others.

What Next?



CDC Mental Health Strategy for Individual, Family, Community, Society



Guiding Principle: CDC works with communities and partners to promote mental well-being to ensure everyone has an equitable chance to thrive.

Mental Health Framework Strategies <small>(ASTHO, MHA, CLASP, CDC)</small>	PILLARS	GOALS
Promote Well-being	Collect and use data	<ul style="list-style-type: none"> Improve population surveillance of mental well-being and mental distress Use data to inform recommendations
	Promote mental well-being and prevent mental distress	<ul style="list-style-type: none"> Support caregivers and communities, especially related to early childhood and adolescence Promote quality social connections
	Educate and inform about mental health and public health	<ul style="list-style-type: none"> Increase awareness and decrease stigma Develop and share tools, trainings, guidance, and resources for evaluation
Improve Access to Supports & Opportunities	Strengthen mental health systems and support providers	<ul style="list-style-type: none"> Increase access to and awareness and availability of services and supports Strengthen health workforce capacity and resilience
	Engage and empower partners and communities to improve mental health	<ul style="list-style-type: none"> Strengthen partnerships and create new opportunities Build state, territorial, local, and tribal capacity Strengthen supportive environments where we live, work, learn, and play

CDC recognizes that mental health is closely linked to physical health and social determinants and impacts health-related outcomes throughout life.

Get Data About Your Own Community: State of Mental Health in New Mexico (2022)



Full report available at:
<https://www.nmhealth.org/data/view/report/2650/>

2021 State of Mental Health Section 1: Introduction

Mental Health in New Mexico

Key Facts and Findings

Mental Health Defined

Mental health includes our emotional, psychological, and social well-being. It impacts everyday life, work, and relationships. It determines how we think, feel, and act. It is important at each stage of life from childhood through adulthood.

New Mexico Mental Health Facts

<p>Youth Mental Health</p> <ul style="list-style-type: none">Two out of Five high school students (40%) felt sad or hopeless in 2019²One out of Six youth aged 12-17 (17%) experienced a major depressive episode in the past year in 2019-2020⁴	<p>Adult Mental Health</p> <ul style="list-style-type: none">18% of adults had a history of a depression diagnosis in 2020³13% of adults experienced frequent mental distress in 2020³6% of adults had a serious mental illness in 2018-2019³
--	---

Suicide

- 4th highest rate of suicide among all U.S. states in 2020¹
- New Mexico's age-adjusted suicide rate (24.2/100,000) was 79% higher than the United States rate (13.5/100,000) in 2020¹
- The age-adjusted suicide rate increased 19% from 2011 to 2020¹
- 57% of suicides involved a firearm in 2020¹

<p>Youth Risk Factors</p> <ul style="list-style-type: none">Sleep – The majority of high school students (72.1%) did not sleep eight or more hours per night in 2019. This was associated with increased risk for suicide attempts as well as feelings of sadness and hopelessness².Sexual Violence – Students who experienced sexual violence were at much higher risk for nonsuicidal self-injury, suicide attempts, and feelings of sadness or hopelessness².	<p>Adult Risk Factors</p> <ul style="list-style-type: none">Income – Adults in a household earning less than \$15,000 a year were at higher risk of experiencing frequent mental distress and having had a depression diagnosis than all other income brackets in 2020³.Adverse Childhood Experiences (ACEs) – Adults who experienced traumatic experiences as children were much more likely to have thought about attempting suicide or have had frequent mental distress than other adults³.
--	---

Data Sources

1. Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2020 on CDC WONDER Online Database, released in 2021.

2. 2019 Youth Risk and Resiliency Survey (NM); NMDOH and NM PED

3. 2019 and 2020 Behavioral Risk Factor Surveillance System (NM); NMDOH

4. 2019-2020 National Survey on Drug Use and Health; SAMHSA

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

4

Co-morbid Substance Use and Mental Health Issues in New Mexico Report (2024)



Full report available at:

<https://www.nmhealth.org/data/view/report/2943/>

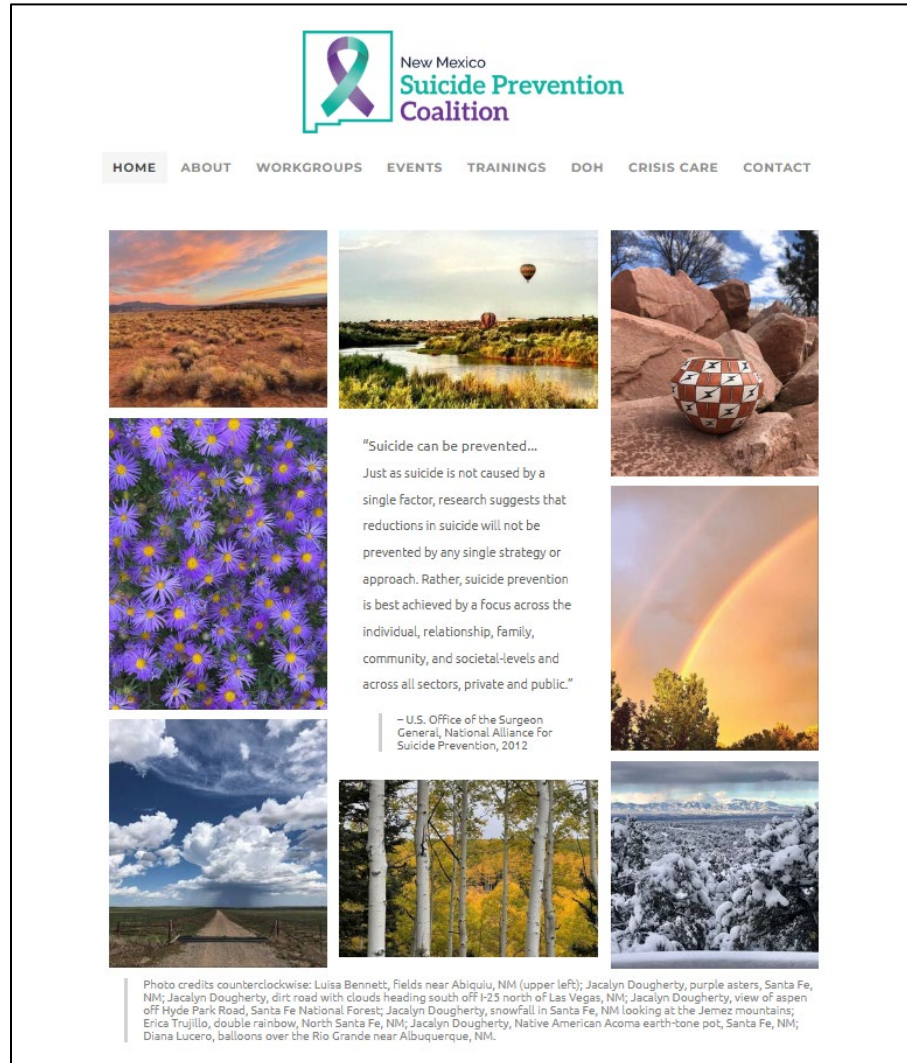
September 4, 2024

Co-morbid Substance Use and Mental Health Issues in New Mexico

Injury and Behavioral Epidemiology Bureau
Center For Health Protection
New Mexico Department of Health



Join the NM Suicide Prevention Coalition



New Mexico Suicide Prevention Coalition

HOME ABOUT WORKGROUPS EVENTS TRAININGS DOH CRISIS CARE CONTACT

"Suicide can be prevented... Just as suicide is not caused by a single factor, research suggests that reductions in suicide will not be prevented by any single strategy or approach. Rather, suicide prevention is best achieved by a focus across the individual, relationship, family, community, and societal-levels and across all sectors, private and public."

— U.S. Office of the Surgeon General, National Alliance For Suicide Prevention, 2012

Photo credits counterclockwise: Luisa Bennett, fields near Abiquilú, NM (upper left); Jacalyn Dougherty, purple asters, Santa Fe, NM; Jacalyn Dougherty, dirt road with clouds heading south off I-25 north of Las Vegas, NM; Jacalyn Dougherty, view of aspen off Hyde Park Road, Santa Fe National Forest; Jacalyn Dougherty, snowfall in Santa Fe, NM looking at the Jemez mountains; Erica Trujillo, double rainbow, North Santa Fe, NM; Jacalyn Dougherty, Native American Acoma earth-tone pot, Santa Fe, NM; Diana Lucero, balloons over the Rio Grande near Albuquerque, NM.



Go to [NMSPC.org](https://www.nmspc.org)

Or send an email to suicidepreventionprogram@doh.nm.gov



Thank You!

Contact Info:

Dylan Pell, Mental Health Epidemiologist
(NMDOH)

Email: dylan.pell@doh.nm.gov