NH SUICIDE PREVENTION Council

NH Suicide Statistics
What the Data Tells Us

NEW HAMPSHIRE 2021

The New Hampshire Suicide Prevention Council is dedicated to promoting awareness that suicide is a preventable public health problem. Together, we can raise awareness and increase access to mental health, substance misuse, and suicide prevention services.

229
SUICIDES IN 2021

On average, 4-5 deaths per week [1]

2021 SUICIDE RATES

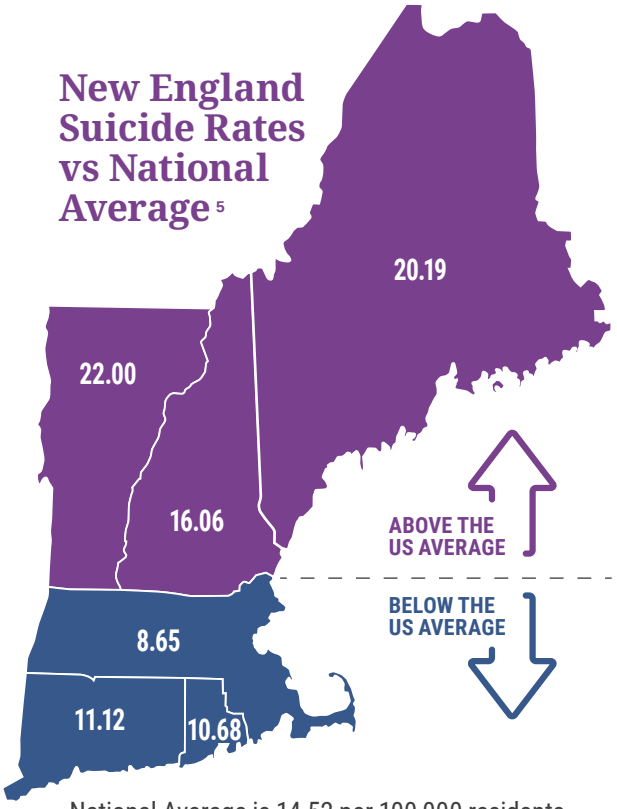
2ND LEADING CAUSE OF DEATH Ages 15-34 [2]

10TH LEADING CAUSE OF DEATH Overall [2]

There are **12 SUICIDES** for every **1 HOMICIDE** [3]

89% OF FIREARM DEATHS are from suicide or intentional self-harm [4]

New England Suicide Rates vs National Average [5]



National Average is 14.52 per 100,000 residents

Gender Differences in New Hampshire Suicide Rates *

*Death certificate data is currently limited to female and male.

MALE DEATHS Over 3X Higher than Females [3]

FEMALE ATTEMPTS Almost Double Male Attempts [6]

FIREARMS are used in **50%** of suicide deaths in New Hampshire [7]



9/10 AGREE that mental health care is useful for those who are thinking, threatening, or attempting suicide. [8]

3/4 AGREE that suicide is preventable. [8]

FOCUS ON HOPE

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2021 NEW HAMPSHIRE STUDENT %
WHO **ATTEMPTED SUICIDE** ONE OR MORE TIMES[9]

High School Aged respondents

- **9.8%** of **Students** overall
- **40% increase since 2019**
- **22.5%** of **LGB** students

YRBS Data shows an increased risk among Lesbian, Gay, Bisexual, and Questioning (LGBQ)* and Black, Indigenous, and People of Color (BIPOC).

Get help now – call/text NH Rapid Response: 833-710-6477

*The 2021 NH Youth Risk Behavior Survey (YRBS) survey did not include any items specific to transgender individuals.

IN 2021 **44.2%** OF ALL STUDENTS **FELT SAD OR HOPELESS**[10]

IN 2019 **33.6%** OF ALL STUDENTS **FELT SAD OR HOPELESS**[10]

IN 2017 **28%** OF ALL STUDENTS **FELT SAD OR HOPELESS**[10]



71.7% LGB STUDENTS **FELT SAD OR HOPELESS**[10]

52.4% LATINX STUDENTS **FELT SAD OR HOPELESS**[10]

2021 NEW HAMPSHIRE ADULT %
WHO **THOUGHT OF SUICIDE** ONE OR MORE TIMES[11]

Residents Aged 18+

- **4.56%** of **Adults** overall
- **52,000 Adults** overall
- **39%** of NH homes have a firearm[12]

3,500 ADULTS ATTEMPTED SUICIDE[11]

Nationally, adults with unmet mental health needs report being unable to afford mental health services, or being unsure of where to access them.[11]

Contact the 988 Suicide & Crisis Lifeline 24/7 by calling/texting 988.

1,900+ ER VISITS DUE TO SELF-INJURY ATTEMPTS[13]

650+ ADMITTED FOR SELF-INFLICTED INJURIES[13]

NATIONALLY **8%** HAD UNMET **MENTAL HEALTH** NEEDS[11]

2022 988 Lifeline & NH Rapid Response

- There were over **22,000 contacts** made with NH Rapid Response.[14]
- Over **4,500 calls** were placed in-state to **988**; on average **375 contacts** each month[15].

New Hampshire Rapid Response

3 THINGS YOU CAN DO TO HELP PREVENT SUICIDE

1. Get support for yourself or others — 988 SUICIDE & CRISIS LIFELINE
2. Take a suicide prevention training
3. Support policies and legislation that promote mental health and suicide prevention

NH SUICIDE PREVENTION Council

The mission of the State Suicide Prevention Council is to reduce the incidence of suicide in New Hampshire by accomplishing the goals of the State Suicide Prevention Plan:

- Raise public and professional awareness of suicide prevention
- Address the mental health and substance misuse prevention needs of all residents
- Address the needs of those affected by suicide
- Promote policy change

preventsuicidenh.org

1. 2022 NH Annual Suicide Prevention Report (ASPR) - NH Vital Records, Bureau of Public Health Statistics and Informatics (BPHSI), Health Statistics and Data Management (HSDM), NH DHHS.
2. CDC WISQARS – 2021, accessed February 2024.
3. 2022 NH ASPR – NH Vital Records, BPHSI, HSDM, NH DHHS, 2015-2021.
4. 2022 NH ASPR – NH NVDRS, Maternal & Child Health, NH DHHS, 2015-2021.
5. CDC WISQARS - 2021, accessed February 2024.
6. 2022 NH ASPR – NH Hospital Discharge Data by the NH DHHS Injury Prevention Program, 2017-2021.
7. 2022 NH ASPR – NH National Violent Death Report System (NVDRS), Maternal & Child Health, NH DHHS, 2015-2021.
8. 2022 NH ASPR – Granite State Poll, NH Suicide Prevention Council added items, May 2022.
9. NH YRBS, 2021.
10. NH YRBS, 2021.
11. NSDUH, 2021.
12. State-Level Estimates of Household Firearm Ownership -https://www.rand.org/pubs/tools/TL354.html.
13. 2021 New Hampshire Uniform Healthcare Facility Discharge Dataset (NH UFHDDS), BPHSI, HSDM, NH DHHS.
14. 2022 NH ASPR – New Hampshire Rapid Response, 2022.
15. 2022 NH ASPR – 988 Suicide and Crisis Lifeline, 2022.