

Suicide Among New Mexico Residents in 2021¹

New Mexico

- **533** suicide deaths or about **10 per week** on average
- **4th highest rate** of suicide among all U.S. states
- New Mexico's suicide rate was **77% higher** than the U.S. rate



Leading Cause of Death

- **9th** leading cause of death
- **2nd** leading cause of death for those ages 12-18
- **6th** leading cause of death for men

Highest Suicide Rates

- **American Indians/Alaska Natives** ages **25-34**
- **Whites** ages **45-54**

Gender

- There were more than **4 male** suicide deaths for each **1 female** death
- Most **Male** suicide deaths involved a **firearm** (60%)



Suicide Mechanism

- **57% Firearm**
- **26%** Hanging or Suffocation
- **11%** Overdose or Poisoning
- **6%** Other Causes



Suicide Trends from 2012 to 2021¹

- The suicide rate increased 17%
- The suicide rate with a firearm increased 28%
- The suicide rate of Hispanic or Latino persons increased 28%

Youth Suicide Attempts in 2021²

- 10% of high school students attempted suicide*
- 23% of lesbian, gay, or bisexual high school students attempted suicide