

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.



2 2 9
SUICIDES
IN 2021

On average, 4-5 deaths per week¹



2021
 SUICIDE RATES



2ND LEADING CAUSE OF DEATH
 Ages 15-34²

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

10TH LEADING CAUSE OF DEATH
 Overall²

89% OF **FIREARM DEATHS** are from suicide or intentional self-harm⁴

Gender Differences in New Hampshire Suicide Rates^{*}

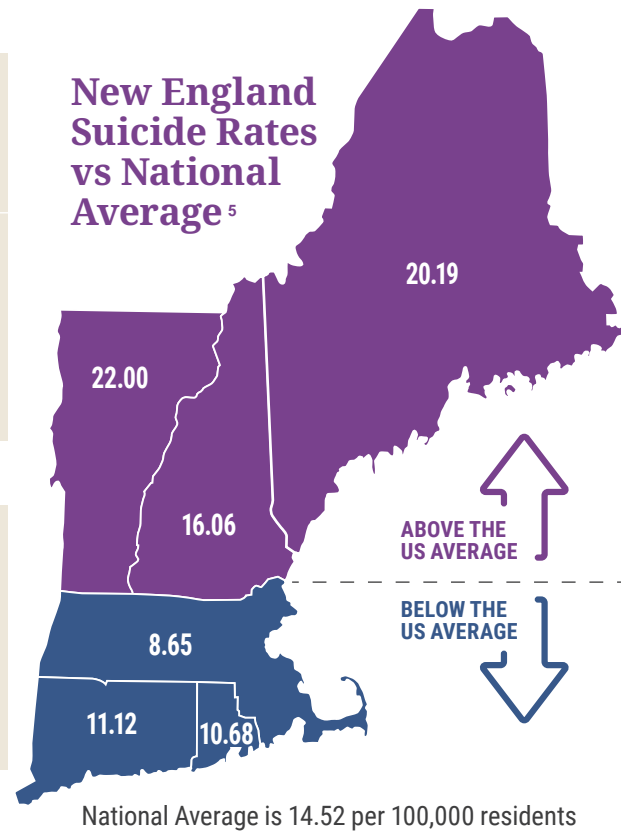
*Death certificate data is currently limited to female and male.

MALE DEATHS
 Over **3X Higher** than Females³

FEMALE ATTEMPTS
 Almost **Double** Male Attempts⁶

FIREARMS are used in **50%** of suicide deaths in New Hampshire⁷

New England Suicide Rates vs National Average⁵



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

2021

NEW HAMPSHIRE
STUDENT %
WHO **ATTEMPTED SUICIDE**
ONE OR MORE TIMES⁹

High School Aged respondents

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

IN 2021
44.2%
OF ALL STUDENTS
**FELT SAD OR
HOPELESS¹⁰**

IN 2019
33.6%
OF ALL STUDENTS
**FELT SAD OR
HOPELESS¹⁰**

IN 2017
28%
OF ALL STUDENTS
**FELT SAD OR
HOPELESS¹⁰**

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

71.7%
LGB
STUDENTS
**FELT SAD OR
HOPELESS¹⁰**



52.4%
LATINX
STUDENTS
**FELT SAD OR
HOPELESS¹⁰**

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

2021

NEW HAMPSHIRE
ADULT %
WHO **THOUGHT OF SUICIDE**
ONE OR MORE TIMES¹¹

Residents Aged 18+

4.56% of **Adults** overall
52,000 Adults overall
39% of NH homes have a firearm¹²

3,500
**ADULTS ATTEMPTED
SUICIDE¹¹**

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
ATTEMPTS¹³

650+
ADMITTED
FOR SELF-
INFLECTED
INJURIES¹³

NATIONALLY **8%**
HAD UNMET
**MENTAL
HEALTH
NEEDS¹¹**

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 month¹⁵.



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.