

## 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



2021  
SUICIDE RATES



2<sup>ND</sup> LEADING  
CAUSE OF DEATH  
Ages 15-34<sup>2</sup>

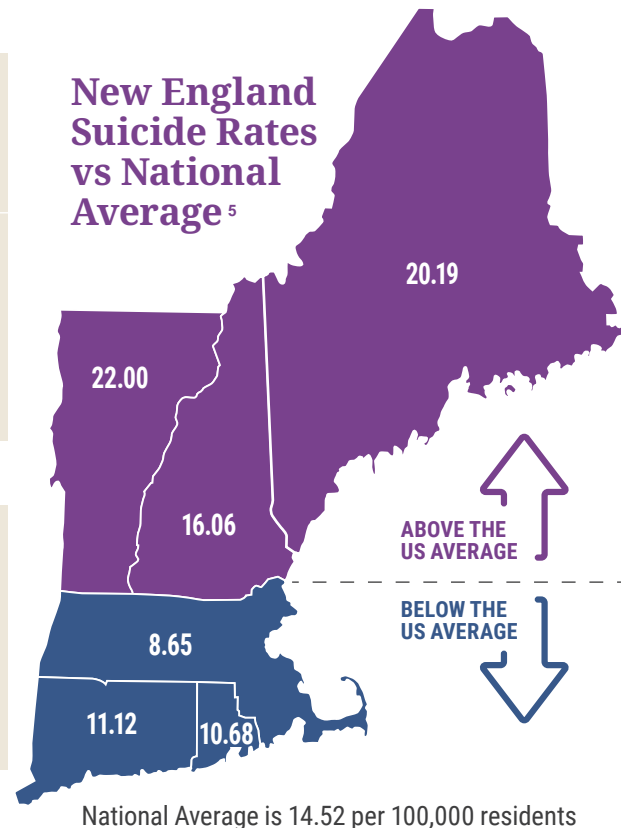


There are  
**12 SUICIDES**  
for every  
**1 HOMICIDE**<sup>3</sup>

10<sup>TH</sup> LEADING  
CAUSE OF DEATH  
Overall<sup>2</sup>

**89%**  
OF FIREARM  
DEATHS  
are from suicide or  
intentional self-harm<sup>4</sup>

New England  
Suicide Rates  
vs National  
Average<sup>5</sup>



Gender  
Differences in  
New Hampshire  
Suicide Rates<sup>\*</sup>

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



MALE  
DEATHS

Over 3X Higher  
than Females<sup>3</sup>



FEMALE  
ATTEMPTS  
Almost Double  
Male Attempts<sup>6</sup>

FIREARMS

are used in  
**50%**  
of suicide deaths  
in New Hampshire<sup>7</sup>



**9/10 AGREE** that mental health care is useful for those who are thinking, threatening, or attempting suicide.<sup>8</sup>

**3/4 AGREE** that suicide is preventable.<sup>8</sup>

FOCUS ON HOPE

2021

NEW HAMPSHIRE  
**STUDENT %**  
WHO **ATTEMPTED SUICIDE**  
ONE OR MORE TIMES<sup>9</sup>

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  
HOPELESS<sup>10</sup>**

IN 2019  
**33.6%**  
OF ALL STUDENTS  
**FELT SAD OR  
HOPELESS<sup>10</sup>**

IN 2017  
**28%**  
OF ALL STUDENTS  
**FELT SAD OR  
HOPELESS<sup>10</sup>**

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  
HOPELESS<sup>10</sup>**



**52.4%**  
**LATINX**  
STUDENTS  
**FELT SAD OR  
HOPELESS<sup>10</sup>**

\*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 TIMES<sup>11</sup>

Residents Aged 18+

**4.56%** of **Adults** overall  
**52,000 Adults** overall  
**39%** of NH homes have a firearm<sup>12</sup>

**3,500**  
**ADULTS ATTEMPTED  
SUICIDE<sup>11</sup>**

Nationally, adults with unmet mental health needs report being unable to afford mental health services, or being unsure of where to access them.<sup>11</sup>  
Contact the 988 Suicide & Crisis Lifeline 24/7 by calling/texting 988.

**1,900+**  
**ER VISITS**  
DUE TO  
SELF-INJURY  
ATTEMPTS<sup>13</sup>

**650+**  
**ADMITTED**  
FOR SELF-  
INFLECTED  
INJURIES<sup>13</sup>

NATIONALLY **8%**  
HAD UNMET  
**MENTAL  
HEALTH  
NEEDS<sup>11</sup>**

2022



### 988 Lifeline & NH Rapid Response

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

**New Hampshire  
Rapid Response**

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### THINGS YOU CAN DO TO HELP PREVENT SUICIDE

- 1 Get support for yourself or others
- 2 Take a suicide prevention training
- 3 Support policies and legislation that promote mental health and suicide prevention



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](https://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.