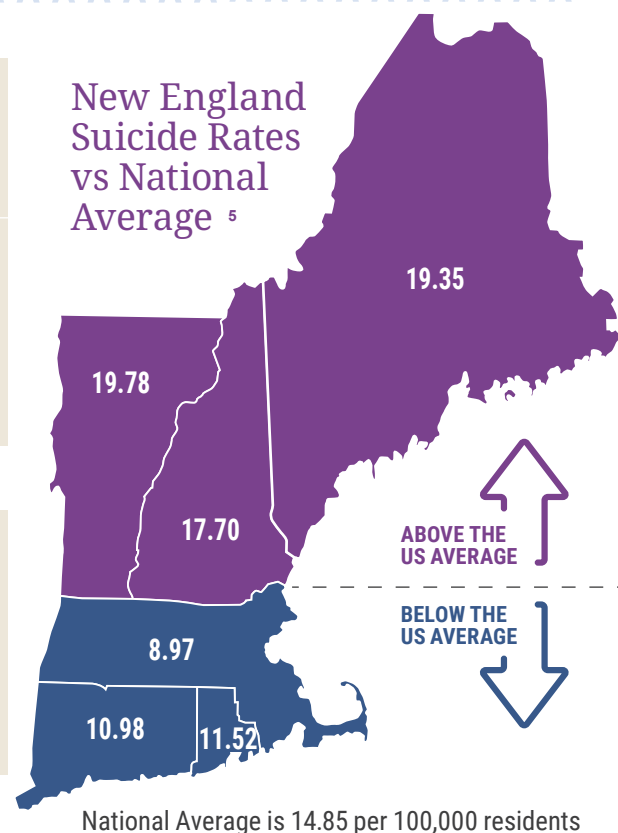


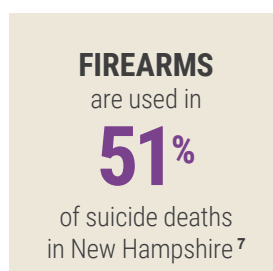
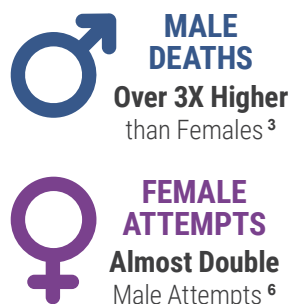
NEW HAMPSHIRE 2022-2023

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.



Gender Differences in New Hampshire Suicide Rates^{*}

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



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

2023

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

High School Aged respondents

8.5% of **Students** overall
13% decrease since 2021
17.9% of **LGB** students

IN 2023
39.6%
OF ALL STUDENTS
**FELT SAD OR
HOPELESS¹⁰**

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

IN 2019
33.6%
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

*The 2023 NH Youth Risk Behavior Survey (YRBS) survey did not include any items specific to transgender individuals.

60%
LGB
STUDENTS
**FELT SAD OR
HOPELESS¹⁰**



42%
LATINX
STUDENTS
**FELT SAD OR
HOPELESS¹⁰**

2023

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

Residents Aged 18+

5.7% of **Adults** overall
66,000 Adults overall
39% of NH homes have a firearm¹²

8,000
**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.

1,850+
ER VISITS
DUE TO
SELF-INJURY
ATTEMPTS¹³

750+
ADMITTED
FOR SELF-
INFLECTED
INJURIES¹³

2023



988 Lifeline & NH Rapid Response

- There were over **34,600 contacts** made with NH Rapid Response.¹⁴
- Over **9,000 calls to 988** were answered in-state; on average **755 contacts** each month¹⁵.



New Hampshire Rapid Response

3

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

988
SUICIDE
& CRISIS
LIFELINE

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. 2023 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 – 2022, accessed April 2025.
3. 2023 NH ASPR – NH Vital Records, BPHSI, HSDM, NH DHHS, 2016-2022.
4. 2023 NH ASPR – NH NVDRS, Maternal & Child Health, NH DHHS, 2016-2022.
5. CDC WISQARS - 2022, accessed April 2025.
6. 2023 NH ASPR – NH Hospital Discharge Data by the NH DHHS Injury Prevention Program, 2018-2022.
7. 2023 NH ASPR – NH National Violent Death Report System (NVDRS), Maternal & Child Health, NH DHHS, 2016-2022.
8. 2023 NH ASPR – Granite State Poll, NH Suicide Prevention Council added items, May 2023.

9. NH YRBS, 2023.
10. NH YRBS, 2023.
11. NSDUH, 2022-2023.
12. State-Level Estimates of Household Firearm Ownership: <https://www.rand.org/pubs/tools/TL354.html>.
13. 2022 New Hampshire Uniform Healthcare Facility Discharge Dataset (NH UFHDDS), BPHSI, HSDM, NH DHHS.
14. 2023 NH ASPR – New Hampshire Rapid Response, 2023.
15. 2023 NH ASPR – 988 Suicide and Crisis Lifeline, 2023.