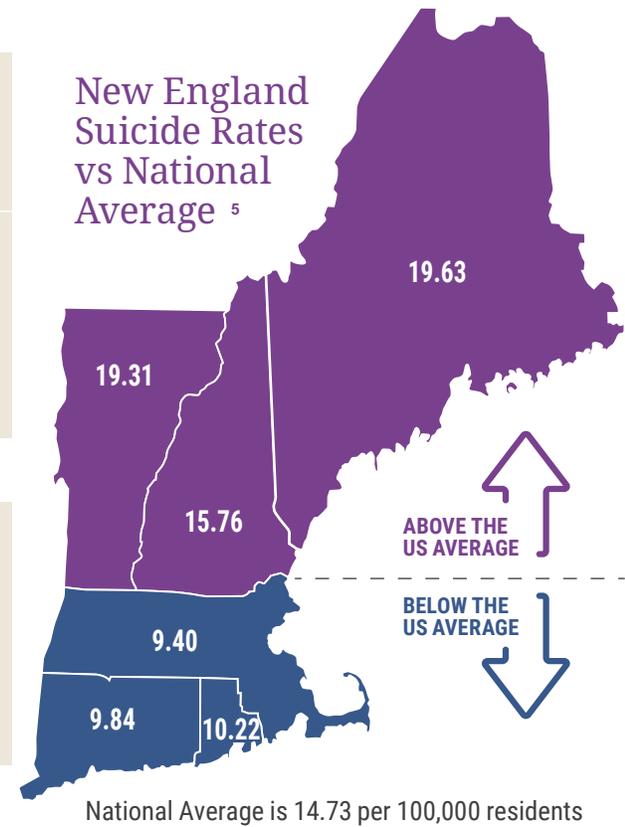
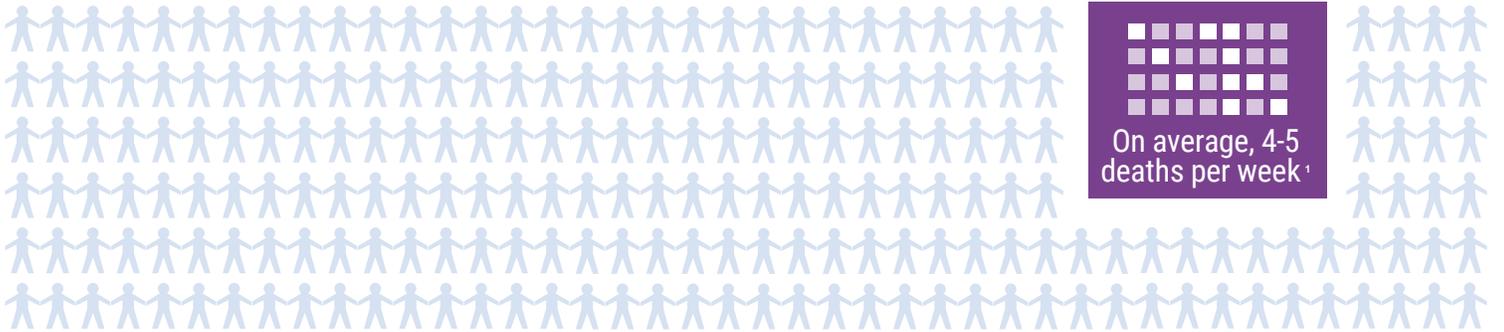


NEW HAMPSHIRE 2023-2024

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.



FIREARMS are used in **51%** of suicide deaths in New Hampshire⁷



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**

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



42%
LATINX
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.

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.

1,410+
ER VISITS
DUE TO
SELF-INJURY
ATTEMPTS¹³

590+
ADMITTED
FOR SELF-
INFLECTED
INJURIES¹³

2024



988 Lifeline & NH Rapid Response

- There were over **31,900 contacts** made with NH Rapid Response.¹⁴
- Over **10,700 calls** to **988** were answered in-state; on average **893 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



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. 2024 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 – 2023, accessed December 2025.
3. CDC WISQARS – 2023, accessed December 2025.
4. 2024 NH ASPR – NH National Violent Death Report System (NVDRS), Bureau of Prevention and Wellness, NH DHHS, 2015-2023.
5. CDC WISQARS - 2023, accessed December 2025.
6. 2024 NH ASPR – NH ED Discharge Data by the NH DHHS Injury Prevention Program, 2019-2023.
7. 2024 NH ASPR – NH NVDRS, Bureau of Prevention and Wellness, NH DHHS, 2015-2023.
8. 2024 NH ASPR – Granite State Poll, NH Suicide Prevention Council added Items, May 2024.

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. 2023 New Hampshire Uniform Healthcare Facility Discharge Dataset (NH UFHDDS), BPHSI, HSDM, NH DHHS.
14. 2024 NH ASPR – New Hampshire Rapid Response, 2024.
15. 2024 NH ASPR – 988 Suicide and Crisis Lifeline, 2024.