2013 NM-YRRS Results:
Non-Suicidal Self Harm

Non-suicidal self harm is correlated with anxiety and depression, and is a strong predictor of suicide. In 2013, for the first time, the NM YRRS included a question about non-suicidal self harm.* In 2013, 20.2% of all NM high school students reported harming themselves. Youth who inflict self harm should be referred to treatment to determine the cause and lower the risk of poor outcomes.

* Non-Suicidal Self Harm: During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

Mental Health Outcomes by History of Non-Suicidal Self Harm
Grades 9–12 ▪ NM ▪ 2013

Students who had a history of non-suicidal self harm were:
- 3 times as likely to have felt sad or hopeless,
- 7 times as likely to have considered suicide,
- 7 times as likely to have planned suicide, and
- 12 times as likely to have attempted suicide

than those who did not have a history of non-suicidal self harm.

MAY IS MENTAL HEALTH AWARENESS MONTH

For more information about self harm, visit www.cdc.gov/ncbddd/disabilityandsafety/self-injury.html.

If you or someone you know is experiencing a crisis, please call the NM Crisis and Access Line 24/7 at 1-855-NMCRISIS (662-7474) to speak with a counselor or find treatment near you.

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