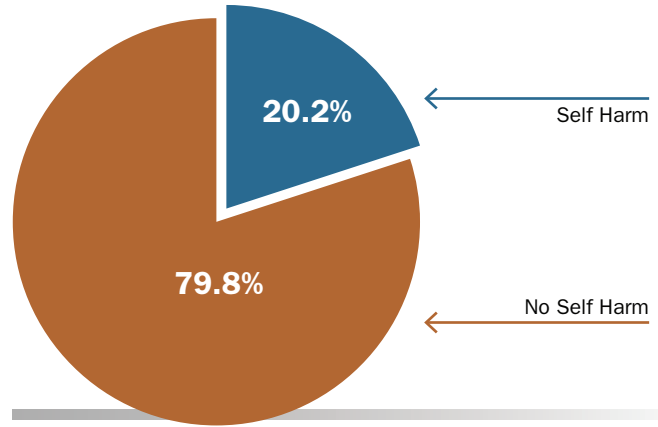


2013 NM-YRRS Results: Non-Suicidal Self Harm

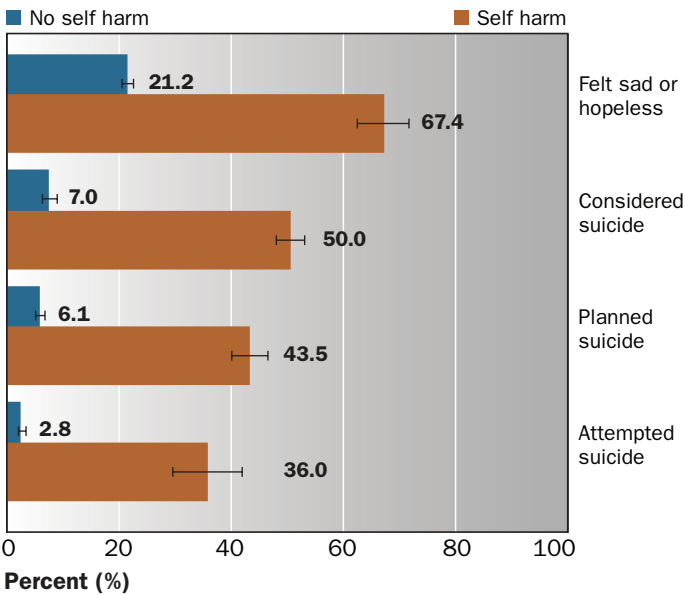
Non-suicidal self harm is correlated with anxiety and depression, and is a strong predictor of suicide. In 2013, for the first time, the NM YRRS included a question about non-suicidal self harm.* In 2013, 20.2% of all NM high school students reported harming themselves. Youth who inflict self harm should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



Self Harm
Grades 9–12 ■ NM ■ 2013

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

Mental Health America has provided communication tools for this topic at www.mentalhealthamerica.net/may.

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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