

2013 NM-YRRS Results: Suicidal Ideation and Resiliency (Middle School)

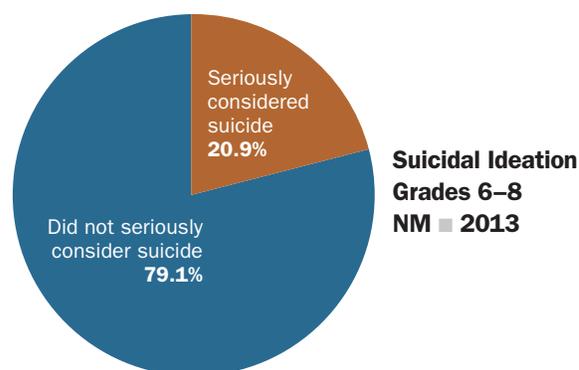
Suicide is the second leading cause of death among 10–24 year olds in New Mexico. Risk factors for suicide include suicidal ideation (thoughts of killing oneself), depression, and substance use. The NM Middle School YRRS regularly includes one question about suicidal thoughts (“Have you ever seriously thought about killing yourself?”).

Students who are close with friends and family, connected with school, and have other forms of social support are less likely to exhibit suicidal behaviors such as ideation. The NM-YRRS asks middle school students about six of these resiliency or protective factors by asking, “How true do you feel the following statements are for you?” Students who responded that a factor was “A little true,” “Pretty much true,” or “Very much true” were compared with students who responded that a factor was “Not true at all.”

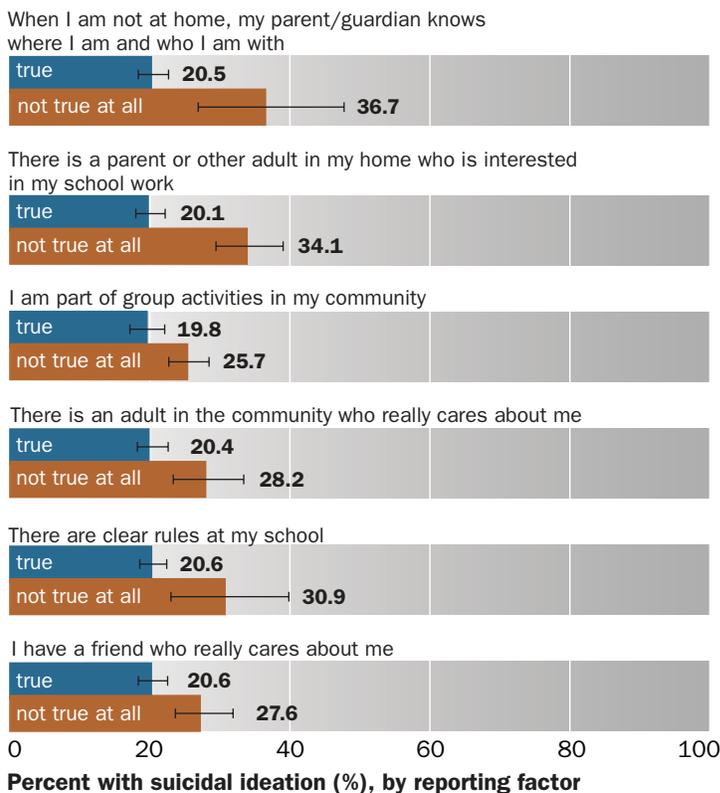
Suicidal ideation was highly associated with all resiliency factors measured in the survey. For example, students who reported that a parent knows where they are when the student is not at home were less likely to report thoughts of killing themselves than other students (20.3% vs. 36.7%).

This association was also very strong for those who:

- had a parent who was interested in their school work (20.1% vs. 34.1%)
- stated that there were clear rules at school (20.6% vs. 30.9%)
- had an adult in the community who cared about them (20.4% vs. 28.3%)
- had a friend who cared about them (20.6% vs. 27.6%)



Suicidal Ideation by Resiliency Factors, Grades 6–8 NM 2013



SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

The Centers for Disease Control and Prevention and the Substance Abuse and Mental Health Services Administration are promoting a social media campaign to raise awareness about suicide prevention. To learn more about the campaign and get involved, visit www.cdc.gov/violenceprevention/socialmedia/1photo6words.html.

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