

# Suicide Facts & Figures: New Hampshire 2020



**On average, one person died by suicide every 31 hours in the state.**

**Almost six times as many people died by suicide in New Hampshire in 2018 than in alcohol related motor vehicle accidents.**

The total deaths to suicide reflected a total of 5,199 years of potential life lost (YPLL) before age 65.



Suicide cost New Hampshire a total of **\$222,439,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,134,894 per suicide death.**



## 8th leading cause of death in New Hampshire

**2nd leading**  
cause of death for ages 10-44

**4th leading**  
cause of death for ages 45-54

**6th leading**  
cause of death for ages 55-64

**16th leading**  
cause of death for ages 65+

### Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
<b>New Hampshire</b>	<b>279</b>	<b>19.27</b>	<b>12</b>
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from [www.cdc.gov/injury/wisqars/fatal.html](http://www.cdc.gov/injury/wisqars/fatal.html) on 3/1/2020).

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## Suicide Prevention Programs and Initiatives

- The NH State Suicide Prevention Council (SPC, <https://bit.ly/2OqoBfM>) is housed within the NH Dept. of Health and Human Services, Division of Public Health Services, Bureau of Community Health Services. Meetings are posted online and open to the public. NH law (RSA §§ 126-R:1 through R:3) charges SPC with implementation of the state suicide prevention plan; see <https://bit.ly/2q4AyMO> for the latest (2017-2020) plan.
- The NH Suicide Prevention Annual Report is released each fall; reports from 2012-2018 can be accessed through the SPC website. Reports are produced by the National Alliance on Mental Illness (NAMI) - NH and the Connect Suicide Prevention Program, SPC, and the Youth Suicide Prevention Assembly, an ad hoc committee of individuals and organizations that meets monthly to study the issue of suicide and look at prevention and postvention across the lifespan.
- NH law (RSA § 193-J:2) requires, effective 7/1/20, that each school district and chartered public school develop an evidence-informed policy to prevent, assess the risk of, intervene in, and respond to suicide, including educating students on warnings sign and help-seeking strategies. It also requires at least 2 hours of youth suicide prevention training annually for faculty, staff, and designated school volunteers. NH law (RSA § 186.11) also requires the state board of education to provide youth suicide prevention information to all public and private schools to facilitate the delivery of appropriate courses and programs.
- NH law (RSA § 330-A:10) requires, for licensed mental health practitioners, that at least 3 hours of the continuing education units for biennial renewal be from a national evidence-based or best practices training organization in the areas of suicide prevention, intervention, or postvention and how mental illness, substance use disorders, trauma, or interpersonal violence directly impacts suicide risk.

## Get Involved

The **AFSP New Hampshire Chapter** brings together people of all backgrounds in communities throughout the state to fight suicide. We help fund research, offer educational programs, advocate for public policy and support those affected by suicide.

For more information or to volunteer, please contact:

**AFSP New Hampshire**  
[newhampshire@afsp.org](mailto:newhampshire@afsp.org)

### Become an Advocate

AFSP's New Hampshire advocacy volunteers build relationships with public officials and advocate on behalf of sound suicide prevention policy.

**Visit [afsp.org/advocate](https://afsp.org/advocate) to sign up!**