Suicide is a public health problem and leading cause of death in the United States. Suicide can also be prevented — more investment in suicide prevention, education, and research will prevent the untimely deaths of thousands of Americans each year. Unless otherwise noted, this fact sheet reports 2019 data from the CDC, the most current verified data available at time of publication (January 2021).

**Suicide Data: New Hampshire**

Suicide is the 8th leading cause of death in New Hampshire.

- **2nd leading cause of death for ages 10-34**
- **3rd leading cause of death for ages 35-44**
- **4th leading cause of death for ages 45-54**
- **7th leading cause of death for ages 55-64**
- **16th leading cause of death for ages 65 & older**

**Suicide Death Rates**

<table>
<thead>
<tr>
<th></th>
<th>Number of Deaths by Suicide</th>
<th>Rate per 100,000 Population</th>
<th>State Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Hampshire</td>
<td>255</td>
<td>17.33</td>
<td>19</td>
</tr>
<tr>
<td>Nationally</td>
<td>47,511</td>
<td>13.93</td>
<td></td>
</tr>
</tbody>
</table>

- **54.8%** of communities did not have enough mental health providers to serve residents in 2020, according to federal guidelines.

- **Over six times as many people died by suicide in 2019 than in alcohol related motor vehicle accidents.**

The total deaths to suicide reflected a total of 4,927 years of potential life lost (YPLL) before age 65.

- **84.62%** of firearm deaths were suicides.
- **51.76%** of all suicides were by firearms.

See full list of citations at [afsp.org/statistics](http://afsp.org/statistics).