

5-2015

## Non-Suicidal Self Harm May 2015

University of New Mexico Prevention Research Center

New Mexico Department of Health and the Public Education Department (NM PED)

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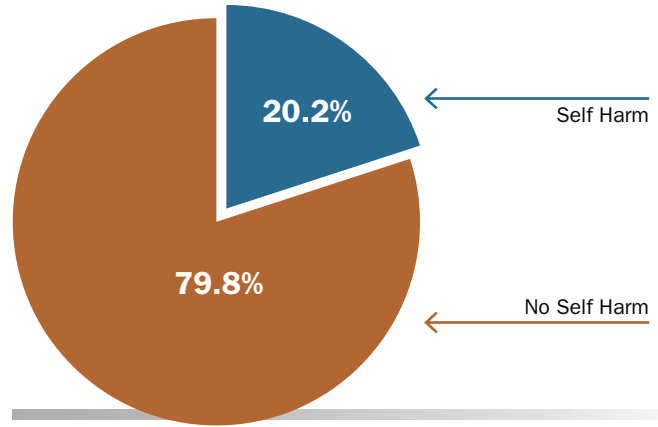
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## 2013 NM-YRRS Results: Non-Suicidal Self Harm

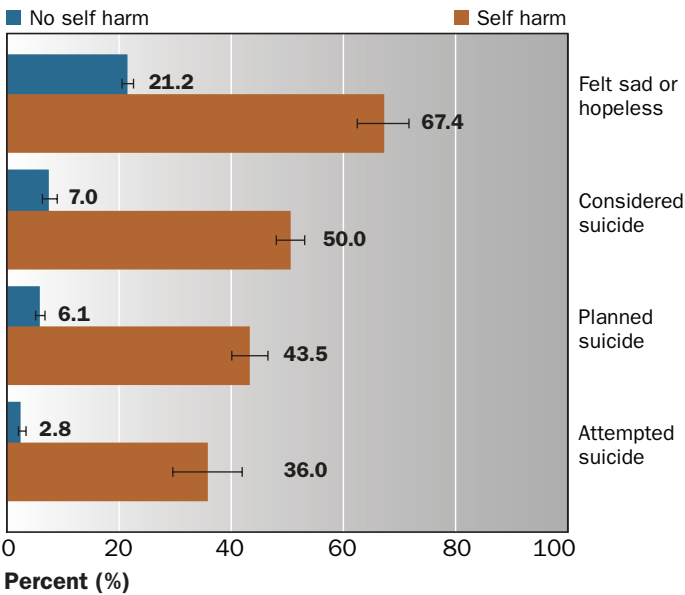
Non-suicidal self harm is correlated with anxiety and depression, and is a strong predictor of suicide. In 2013, for the first time, the NM YRRS included a question about non-suicidal self harm.\* In 2013, 20.2% of all NM high school students reported harming themselves. Youth who inflict self harm should 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](http://www.mentalhealthamerica.net/may).

For more information about self harm, visit [www.cdc.gov/ncbddd/disabilityandsafety/self-injury.html](http://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.**

This newsletter was produced by the New Mexico Department of Health and the Public Education Department (NM PED), and the University of New Mexico Prevention Research Center. The NM YRRS receives support from the Centers for Disease Control and Prevention in cooperation with the NM PED through Grant number 1U87PS004195-01. For more information about the YRRS, including methodology, comprehensive state level reports, county level reports, and more, see [www.youthrisk.org](http://www.youthrisk.org) or [nmhealth.org/go/youth](http://nmhealth.org/go/youth). To have an email added, changed or removed from the mailing list, contact [YRRS@youthrisk.org](mailto:YRRS@youthrisk.org).