

## Mental Health in Youth & Young Adults

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### Why is mental health a public health issue for youth & young adults?

- Most mental, emotional, and behavioral disorders have their roots **early in life**
- Mental health affects a young adult's ability to **form healthy personal relationships, succeed in school, and transition into the workforce**
- Mental disorders increase risk of **substance abuse and suicide**
- Early interventions can **prevent and delay** mental disorders later in life

### How does New Mexico compare to other states?

- New Mexico and the United States have similar rates of mental illness for young adults 18-25 years of age
- However, the New Mexico suicide rate was **72% higher** than the United States in 2013 for young adults 16-24
  - ◊ *Suicide was the **2<sup>nd</sup> leading cause of death** for New Mexico residents 10 to 44 years of age 2009-2013, after unintentional injury*

### How big is the problem in New Mexico?

- 10.7% of youth 12-17 years of age and 9.4% of young adults 18-25 years of age had a **major depressive disorder** in the past year
- 7.1% of young adults **seriously considered suicide** in the past year
- 4.4% of young adults had a **serious mental illness** in the past year
- 20.2% of high school students **intentionally hurt themselves** (without wanting to die) in the past year
- There has been a **decreasing prevalence** of suicidal ideation and suicide attempts among high school students in New Mexico since 2003
- In 2013, there were 671 hospitalizations for **mood disorders** and 202 hospitalizations for **schizophrenic disorders** by youth 16-24 years of age
- In 2014, there were 986 emergency department visits for **intentional self-injury** by youth 16-24 years of age

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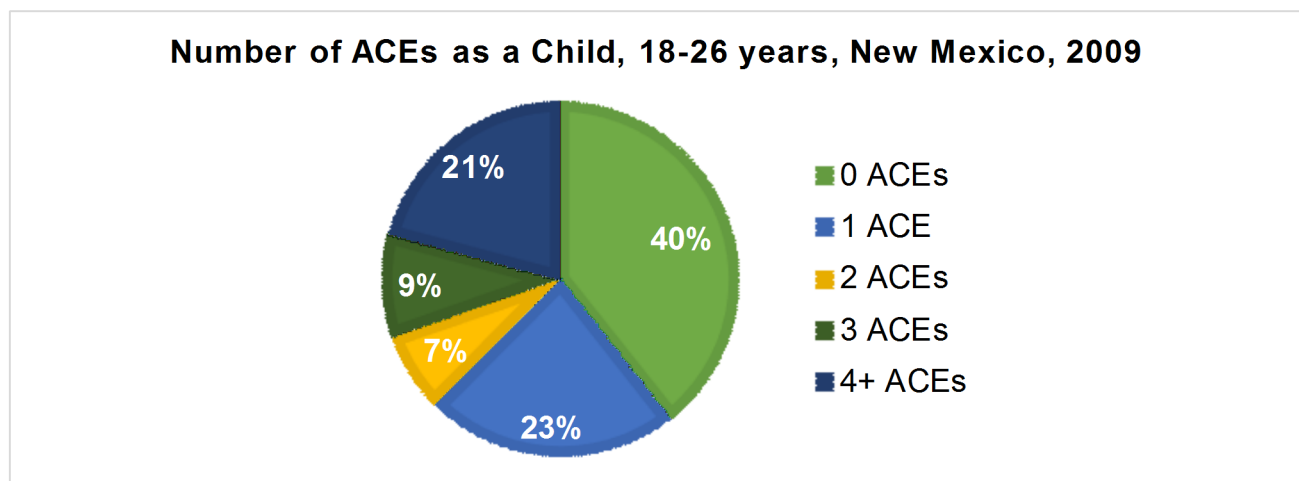


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### Who is at risk?

- **Lesbian, gay, bisexual, and transgender** youth are at higher risk for all measured indicators of mental health than heterosexual youth
- High school students with **physical or mental disabilities** are at higher risk for all measured indicators of mental health than heterosexual youth
- High school students who use **cocaine, methamphetamines, heroin or painkillers**, smoke **cigarettes**, or drink **alcohol** are more likely to attempt suicide than those who don't use substances
- People who experience **adverse childhood events** (ACEs) are more likely to have behavioral and physical health conditions as an adult



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**If you or someone you know is experiencing an emotional crisis, please call the New Mexico Crisis and Access Line 24/7 at 1 (855) NMCRISIS (662-7474)**

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Sources:

National Research Council and Institute of Medicine. Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities. Washington, D.C., United States, 2009.

Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Behavioral Health Statistics and Quality. (September 4, 2014). The NSDUH Report: Substance Use and Mental Health Estimates from the 2013 National Survey on Drug Use and Health: Overview of Findings. Rockville, MD.

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New Mexico Youth Risk & Resiliency Survey, Injury and Behavioral Epidemiology Bureau, Epidemiology and Response Division, NMDOH.

New Mexico Hospital Inpatient Discharge Dataset, Health Systems Epidemiology, Epidemiology and Response Division, NMDOH.

New Mexico Emergency Department Discharge Dataset, Health Systems Epidemiology, Epidemiology and Response Division, NMDOH.

New Mexico Behavioral Risk Factor Surveillance System, Injury and Behavioral Epidemiology Bureau, Epidemiology and Response Division, NMDOH.

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