According to a report released last week by the Substance Abuse and Mental Health Services Administration (SAMHSA), 1 in 13 young adults in the United States ages 18 to 25 had serious thoughts of suicide between 2013 and 2014. While rates of serious suicidal thinking were 7.4 percent in the country as a whole, they varied by state, from a high of 10.3 percent in New Hampshire to a low of 6.2 percent in Texas. National and state prevalence rates did not change significantly between 2012–2013 and 2013–2014, except for New Hampshire, where they increased from 8.4 percent to 10.3 percent. Commenting on the report, SAMHSA Principal Deputy Administrator Kana Enomoto said, “Suicide is one of the leading causes of death among young adults, and it is preventable. We need to reach out to young people with the message that help is at hand, and promote effective programs for saving lives by treating people at risk whenever and wherever they need it.”

Spark Extra! Check out the full text of the report [2].

Links within this resource