

New Hampshire Supplement

Statistics

Patients 13-19 years have consistently comprised the most common age bracket among self-harm poisonings managed by the Northern New England Poison Center.

While the total number of self-harm poisonings managed by the NNEPC in New Hampshire has fallen since the start of the COVID-19 pandemic, there has been a significant, concerning increase in cases involving teenagers beginning in the fall of 2020 (Figure 1).

As in Vermont, while self-poisoning is a significant mechanism of self-harm, it rarely leads to death among teenage patients. Because self-poisoning is more likely to be survived than other mechanisms of suicide attempt, there is an opportunity for intervention to prevent future attempts, potentially with worse outcomes.

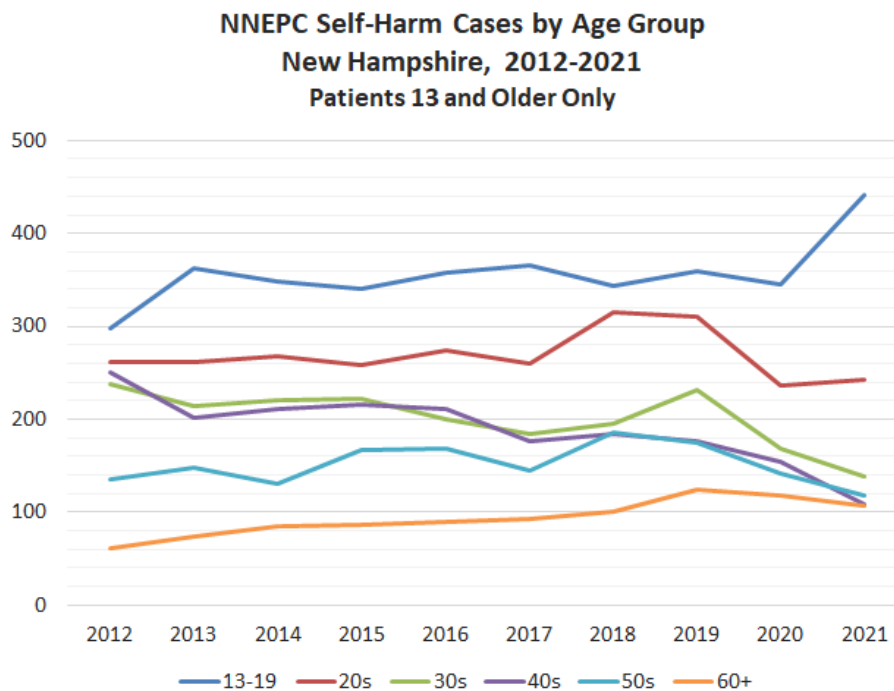


Figure 1

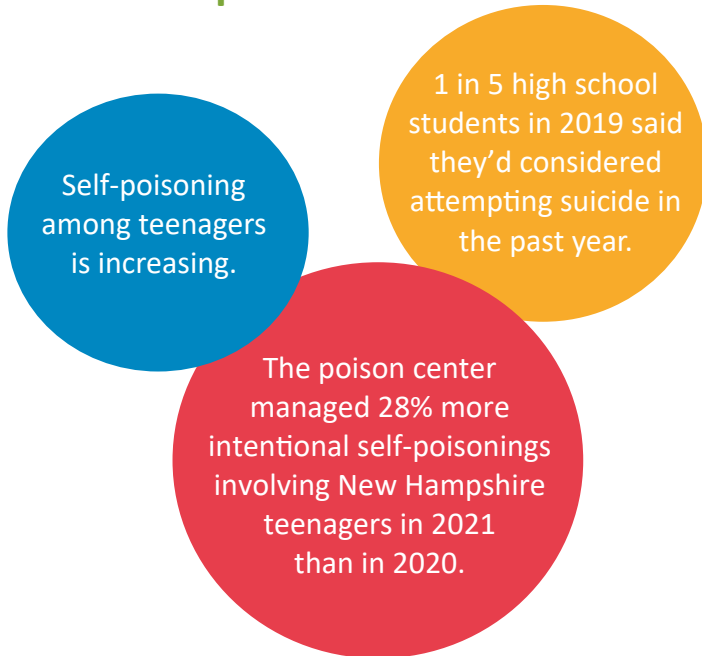
Resources for Providers and Patients

- **Children’s Behavioral Health, DHHS:** Within the New Hampshire Department of Health and Human Services there are both medium-to-long-term and acute or crisis care services for children and adolescents experiencing mental health issues. These include the NH Rapid Response Access Point for those in crisis. dhhs.nh.gov/programs-services/health-care/childrens-behavioral-health; nh988.com
- **New Hampshire Community Behavioral Health Association:** The association’s 10 members operate more than 40 mental health centers across the state, serving individuals and families. Find a local center at nhcbha.org.
- **NAMI New Hampshire:** Part of the National Alliance on Mental Illness, NAMI NH provides support services for people affected by mental illness, as well as a variety of training workshops on mental health, crisis response and suicide prevention for providers. naminh.org

Youth Self-Poisoning



In New Hampshire...



Common self-poisoning substances include:

- Over-the-counter pain relievers
- Antidepressants
- Antihistamines
- ADHD medications
- Anti-anxiety medications

Dangers from self-poisoning include:

- Stomach upset, diarrhea, vomiting
- Hallucinations
- Agitation
- Extreme drowsiness
- Heart issues
- Liver failure
- Seizures
- Death

What can you do?

- **Take your child's threats of suicide or self-harm seriously.** Never dismiss them as "typical teenage behavior." Impulsive self-poisoning attempts can occur with no history of mental illness.
- Store all medications, including over-the-counter products and prescriptions, behind a lock, such as in a lock box or cabinet.
- Properly dispose of unused medications at a police station, pharmacy or take-back event.
- Monitor your child's medications at home, including prescriptions and over-the-counter products.
- Avoid buying medications in bulk to limit the risk of overdosing.
- Ask the parents of friends how and where they store their medications, marijuana, and alcohol.
- **Go to the emergency department immediately after a self-poisoning attempt.** Don't wait for medical treatment, even if your child looks fine.

Emergency Resources

- National Suicide Prevention Lifeline: call 988 or 1-800-273-8255
- Crisis Text Line: Text "HOME" to 741741
- Northern New England Poison Center: 1-800-222-1222; text "POISON" to 85511; chat at nnepc.org
- The Trevor Project for LGBTQ+ youth under 25 in crisis: 1-866-488-7386; text "START" to 678678; chat at TheTrevorProject.org
- Trans Lifeline: 1-877-565-8860

Mental Health, Self-Harm, and Your Teen

Youth Self-Harm and Suicide

Self-poisoning in teenagers is increasing in Maine. You have an important role to play in protecting and supporting your teen and their mental health.

You may not feel prepared to recognize the warning signs for self-harm and suicide, or to know how to offer your teen the support they need, whether they are having a rough day or struggling with their mental health. Fortunately, there are many resources to help you be there for them.

- Find mental health services in your area through the NH Community Behavioral Health Association: nhcbha.org
- NAMI NH offers support services for people affected by mental illness, as well as training, resources and an information line: naminh.org

How to Help

- **Ask** directly if they are thinking about hurting or killing themselves. Listen without judgement.
- **Keep them safe** by limiting their access to lethal means, such as medications, poisons, or firearms.
- **Be there** and be present for them. Let them know that you love and care about them.
- **Connect to support** for yourself and for them. You can use the resources listed on this document.
- **Follow up** with them regularly to see how they are doing

Learn more about these steps and how to #BeThe1To at bethe1to.com.



Warning Signs

- When they talk, listen:
 - Feeling hopeless
 - Feeling trapped
 - Feeling like a burden
 - Not having a reason to live
- Watch for changes in behavior:
 - Withdrawing from people
 - Withdrawing from activities
 - Sleeping a lot more or a lot less
 - Acting aggressively
- Recognize changes in mood:
 - Depressed
 - Anxious
 - Irritable
 - Humiliated
 - Ashamed
 - Agitated

Crisis Resources

- National Suicide Prevention Lifeline: 988 or 1-800-273-8255
- Crisis Text Line: Text “HOME” to 741741
- SAMHSA’s National Helpline: 1-800-662-4357
- Northern New England Poison Center: 1-800-222-1222 or text “POISON” to 85511

For LGBTQ+ Youth

- The Trevor Project: 1-866-488-7386, text “START” to 678678, or chat online at TheTrevorProject.org
- Trans Lifeline: 1-877-565-8860
- LGBT National Help Center: 1-888-843-4564

