

Table 8.68A Had Serious Thoughts of Suicide, Made Any Suicide Plans, or Attempted Suicide in Past Year among Persons Aged 18 or Older, by Past Year Major Depressive Episode Status, Past Year Receipt of Mental Health Services Status, Past Year Substance Use Disorder Status, Past Year Serious Psychological Distress Status, and Past Year Substance Use Treatment at a Specialty Facility Status: Numbers in Thousands, 2018 and 2019

Past Year Mental Health or Substance Use Measure	Had Serious Thoughts of Suicide (2018)	Had Serious Thoughts of Suicide (2019)	Made Any Suicide Plans¹ (2018)	Made Any Suicide Plans¹ (2019)	Attempted Suicide¹ (2018)	Attempted Suicide¹ (2019)
Major Depressive Episode ²	5,666	6,193	2,074	2,270	818	820
No Major Depressive Episode ²	4,967 ^a	5,680	1,182	1,151	601	544
Mental Health Services ³	5,166 ^a	5,807	1,883	2,047	856	790
No Mental Health Services ³	5,547	6,091	1,413	1,383	572	578
Substance Use Disorder	3,102	3,341	1,151	1,063	542	450
Alcohol Use Disorder	2,034	2,259	763	694	359	260
Illicit Drug Use Disorder	1,800	1,737	725	643	368	299
No Substance Use Disorder	7,642 ^a	8,610	2,161	2,392	900	929
Serious Psychological Distress	7,356 ^a	8,186	2,604	2,835	1,083	1,128
No Serious Psychological Distress	3,388	3,765	708	620	359	252
Substance Use Treatment at a Specialty Facility ⁴	445	493	228	229	118	104
No Substance Use Treatment at a Specialty Facility ⁴	10,300 ^a	11,458	3,085	3,226	1,324	1,275

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Respondents with unknown suicide information were excluded.

^a The difference between this estimate and the 2019 estimate is statistically significant at the .05 level. Rounding may make the estimates appear identical.

¹ Respondents were asked whether they made any suicide plans or attempted suicide in the past 12 months only if they had serious thoughts of suicide in the past 12 months.

Respondents who had no suicide thoughts were categorized as not making any suicide plans and not attempting suicide in the past 12 months.

² Respondents with unknown past year Major Depressive Episode (MDE) data were excluded.

³ Mental Health Services for adults includes inpatient treatment/counseling, outpatient treatment/counseling, or use of prescription medication for problems with emotions, nerves, or mental health. Respondents with unknown mental health service information were excluded.

⁴ Specialty treatment facilities include hospitals (inpatient only), rehabilitation facilities (inpatient or outpatient), or mental health centers.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2018 and 2019.

Table 8.68B Had Serious Thoughts of Suicide, Made Any Suicide Plans, or Attempted Suicide in Past Year among Persons Aged 18 or Older, by Past Year Major Depressive Episode Status, Past Year Receipt of Mental Health Services Status, Past Year Substance Use Disorder Status, Past Year Serious Psychological Distress Status, and Past Year Substance Use Treatment at a Specialty Facility Status: Percentages, 2018 and 2019

Past Year Mental Health or Substance Use Measure	Had Serious Thoughts of Suicide (2018)	Had Serious Thoughts of Suicide (2019)	Made Any Suicide Plans ¹ (2018)	Made Any Suicide Plans ¹ (2019)	Attempted Suicide ¹ (2018)	Attempted Suicide ¹ (2019)
Major Depressive Episode ²	32.0	32.1	11.7	11.8	4.6	4.3
No Major Depressive Episode ²	2.2 ^a	2.5	0.5	0.5	0.3	0.2
Mental Health Services ³	14.0	14.5	5.1	5.1	2.3	2.0
No Mental Health Services ³	2.6 ^a	2.9	0.7	0.7	0.3	0.3
Substance Use Disorder	16.2	17.4	6.0	5.5	2.8	2.3
Alcohol Use Disorder	14.2	16.1	5.3	5.0	2.5	1.9
Illicit Drug Use Disorder	24.5	23.6	9.9	8.7	5.0	4.1
No Substance Use Disorder	3.4 ^a	3.8	0.9	1.0	0.4	0.4
Serious Psychological Distress	25.8	26.4	9.1	9.1	3.8	3.6
No Serious Psychological Distress	1.5	1.7	0.3	0.3	0.2	0.1
Substance Use Treatment at a Specialty Facility ⁴	20.2	19.3	10.4	9.0	5.4	4.1
No Substance Use Treatment at a Specialty Facility ⁴	4.2 ^a	4.7	1.3	1.3	0.5	0.5

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Respondents with unknown suicide information were excluded.

^a The difference between this estimate and the 2019 estimate is statistically significant at the .05 level. Rounding may make the estimates appear identical.

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