

# Mental Health in New Hampshire



**Many Granite Staters struggle with their mental health.**

It is more important than ever to build a stronger mental health system that provides the care, support, and services needed to help people build better lives.

# 259,000

adults in New Hampshire have a mental health condition. That's more than **5x** the population of **Concord**.



**1 in 5** adults experience a **mental illness** each year.

More than **1 in 20 U.S. adults** experience a **serious mental illness** each year.



**1 in 6** U.S. adolescents aged 12-17 experience a **major depressive episode** each year.

**20,000** New Hampshire adolescents experience a **major depressive episode** each year.

**66,000** New Hampshire adults have a **serious mental illness**.

**1 in 4** of the more than **2,000 people** in New Hampshire **who are unhoused** have a **serious mental illness**.



**1 in 20** adults have **serious thoughts of suicide** each year.

**55,000** New Hampshire adults have **serious thoughts of suicide** each year.



**1 in 9** adolescents aged 12-17 have **serious thoughts of suicide** each year.

**13,000** New Hampshire adolescents have **serious thoughts of suicide** each year.



# 17%

of youth aged 0-17 in New Hampshire have **experienced 2+ adverse childhood experiences**, which are linked to mental illness and substance misuse in adulthood.

# 247

lives were **lost to suicide** in New Hampshire in 2022.

# Mental Health in New Hampshire



More than  
**91,000**

people in New Hampshire live in  
a community without enough  
mental health professionals.

**The need to address access to mental health care in New Hampshire is urgent.**

**4x**

more likely for a Granite Stater to be **forced out-of-network** for mental health care than for primary care.

**46,000+**

call/text/chat interactions to NH's **988 Lifeline** centers and Rapid Response Access Point in 2024.

**1 in 777**

ratio for school psychologists to students in New Hampshire's K-12 public schools. This is **worse** than the recommended ratio of one school psychologist for every 500 students.

**NEW  
HAMPSHIRE**  
is facing a mental  
health crisis.

**71,000**

adults in New Hampshire reported needing mental health treatment but not receiving it between 2018-2019. **Cost is a prevailing factor** in not receiving treatment.

**Granite Staters deserve to get the mental health care they need, when they need it.**



NAMI New Hampshire is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Learn more at [naminh.org](https://naminh.org). For data citations, visit [nami.quorum.us/mhpolicystats/](https://nami.quorum.us/mhpolicystats/).

This fact sheet was compiled based on data available in March 2025.