

Table 8.68A Had Serious Thoughts of Suicide, Made Any Suicide Plans, and Attempted Suicide in Past Year: Among People 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, 2019 and 2020

Past Year Mental Health or Substance Use Measure	Had Serious Thoughts of Suicide (2019)	Had Serious Thoughts of Suicide (2020)	Made Any Suicide Plans ¹ (2019)	Made Any Suicide Plans ¹ (2020)	Attempted Suicide ¹ (2019)	Attempted Suicide ¹ (2020)
Major Depressive Episode ²	6,193	7,000	2,270	2,320	820	756
No Major Depressive Episode ²	5,680	5,111	1,151	893	544	445
Mental Health Services ³	5,807	6,537	2,047	2,038	790	833
No Mental Health Services ³	6,091	5,616	1,383	1,184	578	370
Substance Use Disorder ⁴	nc	5,339	nc	1,419	nc	643
Alcohol Use Disorder ⁴	nc	3,388	nc	837	nc	388
Illicit Drug Use Disorder ⁴	nc	3,416	nc	1,001	nc	430
No Substance Use Disorder ⁴	nc	6,858	nc	1,803	nc	560
Serious Psychological Distress	8,186	9,010	2,835	2,803	1,128	1,066
No Serious Psychological Distress	3,765	3,188	620	419	252	138
Substance Use Treatment at a Specialty Facility ⁵	493	599	229	176	104	179
No Substance Use Treatment at a Specialty Facility ⁵	11,458	11,598	3,226	3,045	1,275	1,024

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

NOTE: Estimates in the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents with unknown suicide information were excluded.

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. Questions on virtual services were added in Quarter 4 of 2020. Estimates in this table do not include data from these questions. Data on virtual services are included at the end of this section. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

⁴ Substance use disorder (SUD) estimates in 2020 are based on criteria from the Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5). SUD and related estimates are not comparable between 2020 and prior years of NSDUH, because prior years' estimates were based on DSM-IV criteria.

⁵ Specialty facilities for substance use treatment 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, 2019 and Quarters 1 and 4, 2020.

Table 8.68B Had Serious Thoughts of Suicide, Made Any Suicide Plans, and Attempted Suicide in Past Year: Among People 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, 2019 and 2020

Past Year Mental Health or Substance Use Measure	Had Serious Thoughts of Suicide (2019)	Had Serious Thoughts of Suicide (2020)	Made Any Suicide Plans ¹ (2019)	Made Any Suicide Plans ¹ (2020)	Attempted Suicide ¹ (2019)	Attempted Suicide ¹ (2020)
Major Depressive Episode ²	32.1	33.6	11.8	<i>11.2</i>	4.3	3.6
No Major Depressive Episode ²	2.5	2.2	0.5	<i>0.4</i>	0.2	<i>0.2</i>
Mental Health Services ³	14.5	<i>15.5</i>	5.1	<i>4.8</i>	2.0	<i>2.0</i>
No Mental Health Services ³	2.9	2.7	0.7	<i>0.6</i>	0.3	<i>0.2</i>
Substance Use Disorder ⁴	nc	<i>14.2</i>	nc	<i>3.8</i>	nc	<i>1.7</i>
Alcohol Use Disorder ⁴	nc	<i>12.4</i>	nc	<i>3.1</i>	nc	<i>1.4</i>
Illicit Drug Use Disorder ⁴	nc	<i>20.8</i>	nc	<i>6.1</i>	nc	<i>2.6</i>
No Substance Use Disorder ⁴	nc	3.2	nc	<i>0.8</i>	nc	<i>0.3</i>
Serious Psychological Distress	26.4	<i>27.3</i>	9.1	<i>8.5</i>	3.6	<i>3.2</i>
No Serious Psychological Distress	1.7	<i>1.5</i>	0.3	<i>0.2</i>	0.1	<i>0.1</i>
Substance Use Treatment at a Specialty Facility ⁵	19.3	<i>22.0</i>	9.0	<i>6.6</i>	4.1	<i>6.6</i>
No Substance Use Treatment at a Specialty Facility ⁵	4.7	<i>4.7</i>	1.3	<i>1.2</i>	0.5	<i>0.4</i>

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

NOTE: Estimates in the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents with unknown suicide information were excluded.

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. Questions on virtual services were added in Quarter 4 of 2020. Estimates in this table do not include data from these questions. Data on virtual services are included at the end of this section. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

⁴ Substance use disorder (SUD) estimates in 2020 are based on criteria from the Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5). SUD and related estimates are not comparable between 2020 and prior years of NSDUH, because prior years' estimates were based on DSM-IV criteria.

⁵ Specialty facilities for substance use treatment 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, 2019 and Quarters 1 and 4, 2020.