There could be nearly 2 million deaths caused by suicide and drug and alcohol use over the next decade in the United States if current trends continue, a report from a public health group warned on Tuesday.

The report, from the Trust for America’s Health, a nonprofit organization that emphasizes prevention and public health funding, said that in 2015, more than 127,000 deaths were linked to drugs, alcohol and suicide. Based on current trends, the reported projected that the number could rise to 192,000 deaths per year by 2025.

The report was co-sponsored by Well Being Trust, a mental health-focused charity backed by the Providence St. Joseph Health system, and conducted by the Berkeley Research Group.

That is a fairly conservative estimate, the report said, and would result in a total of 1.6 million deaths in a decade. If drug overdose deaths continue to rise at the rate they did in 2016, that would bring the total for the decade closer to 2 million.

Between 2000 and 2015, the report said that drug overdose deaths tripled, alcohol-related disease deaths increased 37 percent and suicides increased 28 percent. The upward trend occurred across the country. According to the report, in 2005 fewer than half the states had a combined death rate of 30 per 100,000 people from those causes, but in 2015, 48 states and the District of Columbia exceeded that rate.

Today, 30 states have a rate above 40 deaths from those causes per 100,000 people, and five states exceed 60 of those deaths out of 100,000 people. The highest death rate from these causes was in New Mexico, where it was 77.4 per 100,000 people. The report predicts that New Mexico and West Virginia could see their rates climb to 100 deaths per 100,000 by 2025.

In comparison, the death rate from heart diseases in the United States in 2015 was around 197 per 100,000 people.

“These numbers are staggering. They’re tragic and they’re preventable,” John Auerbach, the trust’s president, said in a call with reporters Tuesday. “If more action is not taken, these trends will become significantly worse.”

The report’s authors offer specific suggestions for addressing the problems, particularly better integrating mental health into primary care, stopping the flow of illicit drugs and reducing alcohol consumption through limiting sales hours and raising prices through taxes.

“We need stem the drug, alcohol and suicide crises, but we also need to address the underlying issues of pain, hopelessness, loneliness and despair that so many people experience,” said Benjamin F. Miller, the chief policy officer of Well Being Trust.