

Suicide QUICK Facts

Suicide in the U.S.:

- Suicide claims the lives of 32,000 U.S. citizens every year.
- That means, every 16.2 minutes another life is lost to suicide, 88 per day.
- Suicide is the 11th leading cause of death in the U.S.
- Males are four times more likely to die by suicide than females.
- More teens and young adults die by suicide than cancer, heart disease, AIDS, birth defect, stroke, pneumonia, influenza and chronic lung disease *combined*.

Suicide in Maine:

- From 2000-2004, Maine had the 24th highest suicide rate among all states in the U.S. Our suicide rate at 13.71 per 100,000 population is higher than the national average rate of 12.53 per 100,000.
- Suicide is the 10th leading cause of death of residents overall; the 2nd leading cause of death for youth aged 15-34; and the 4th leading cause of death for adults aged 35-54.
- The suicide rate of 70.21 per 100,000 population is highest among males aged 85 and older who account for 25 deaths. However, the largest number of suicides per age category is 89 suicides among those aged 35-39.
- From 2000-2004, there was a total of 789 suicides in Maine. Of those suicides, 115 were youth aged 10-24 and 674 were adults. This represents an average of 158 suicides per year.
- More males die by suicide than females. Of 789 suicides in Maine, 640 were males, or 81% of all suicides in Maine. Males from 20 through 59 account for 54% of Maine's suicides.

Non-fatal Self-Inflicted Injuries:

- Rates of non-fatal self-inflicted injuries for females are higher than rates for males.
- From 2000-2004, self-inflicted poisoning was the leading cause of injury hospitalization for persons aged 25-44 years of age, the second leading cause of injury hospitalization among 15-24 year olds and the third leading cause of injury hospitalization among all age groups combined.

Lethal Means:

- From 2000 to 2004, the leading method of suicide was a firearm accounting for almost 55% of all suicides in Maine. Limiting access to and availability of firearms is a significant prevention strategy in suicide, because most suicide attempts by firearm are fatal.
- The second leading method of suicide is hanging, accounting for about 19% of all suicides.
- Poisoning is the third most common method of suicide for both males and females in Maine.

Resources:

- For immediate help in a crisis, call the Statewide Toll Free Crisis Line: 1-888-568-1112 to be connected to a crisis worker near you.
- For more information or suicide prevention materials, call 1-800-499-0027 or 207-287-8900; TTY: 1-800-606-0215; email the Information Resources Center at osa.ircosa@maine.gov, or visit the Maine Youth Suicide Prevention Program Web Site at <http://www.mainesuicideprevention.org>

Data from the National Center for Injury Prevention and Control, data source NCHS Vital Statistics System.

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