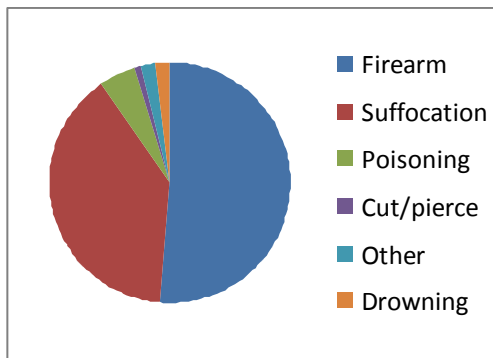


# Maine Youth Suicide Prevention Program

## Education, Resources and Support — It's Up to All of Us.

### Youth Suicides, Ages 15-24 2004-2008 by Method



**TOTALS**  
**53 Firearms**  
**40 Suffocation**  
**5 Poisoning**  
**1 Drowning**  
**1 Cut/pierce**

For more information or youth suicide prevention materials, call 1-800-499-0027  
TTY: 1-800-606-0215

Email the Information and Resource Center  
[osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov)

or

Visit the Maine Youth Suicide Prevention Program Web Site at:  
[www.maine.gov/suicide](http://www.maine.gov/suicide)

**Statewide Toll Free Crisis Line:**  
**1-888-568-1112**

Data from the Maine Office of Data, Research, & Vital Statistics, Maine Medical Examiner, Maine Hospital Discharge Databases, and Maine YRBS.

Updated September 2010

### *Suicide:*

- From 2004-2008 there were a total of 876 suicides in Maine. Of those suicides, 104 were youth: 45 youth aged 15-19; and 59 young adults aged 20-24. This represents an average of 20 youth suicides per year.
- Suicide is the 2<sup>nd</sup> leading cause of death for people aged 15-34.
- More young people die by suicide than from homicide. For every homicide among 15-24 year olds, there are 4 suicides.
- More male youth die by suicide than female. Of every 5 suicides, 4 are males.
- From 2004-2008, a firearm was used in 5 of 10 youth suicides. Access to and availability of firearms is a significant factor in youth suicide, because most suicide attempts by firearm are fatal.
- The second leading method of youth suicide is suffocation, accounting for almost 4 of 10 suicides.

### *Self-Inflicted Injuries:*

- Most suicidal behavior is non-fatal. It is estimated that, for every death by suicide, there are from 25 to 100 non-fatal youth suicide attempts by others. Rates of self-inflicted injuries for females are higher than rates for males.
- From 2004-2008, a total of 5,663 individuals were treated and discharged for self-injury in Maine hospitals. In 2008 alone, there were 1,125 hospital discharges for self-inflicted injuries. The highest rate was among youth ages 15-24 (17.6 per 10,000). Females are more likely to be hospitalized and to have an outpatient emergency department visit than males.
- In the 2009 Youth Risk Behavior Survey, 13.8% of high school and 19.5% of middle school students reported seriously considering suicide in the past year; 9% of high school and 9% of middle school students reported making at least one attempt.
- Poisoning is the most common method of non-fatal self-inflicted injuries for both males and females. All self-inflicted injuries are not suicide attempts.



John E. Baldacci, Governor      Brenda M. Harvey, Commissioner