

Suicide Among Youth in Maine

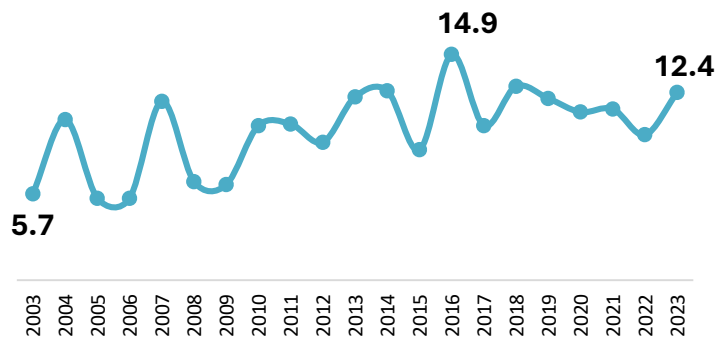


SUICIDE DEATHS

In 2023, 30 youth ages 10-24 died by suicide in Maine. An average of 27 youth suicide deaths occur each year.¹

Figure 1. The age-adjusted rate (per 100,000) of suicide deaths among Maine youth ages 10-24 has slightly decreased since the peak in 2016.^{2*}

AGE-ADJUSTED SUICIDE DEATH RATE (per 100,000)
AMONG MAINE YOUTH AGES 10-24^{2*}



The age-adjusted suicide rate among Maine youth ages 10-24 is slightly higher than the U.S. rate:³



12.4 vs 9.6
suicides per 100,000



2nd

Suicide is the **second** leading cause of death among Maine youth **ages 10-24**.³

SUICIDE METHODS

Firearms are used in **59%** of all youth suicide deaths in Maine; **suffocation** (including hanging/strangulation) accounts for **28%** of all youth suicide deaths.⁴

SUICIDE ATTEMPTS

916

Average number of youth **emergency department (ED) visits** annually due to intentional self-inflicted injuries.⁵

51%

of all intentional self-harm related **ED visits** were among youth **ages 10-24 years**.⁶

Each year there are approximately 206 hospitalizations due to intentional self-inflicted injuries among Maine youth.⁵

Girls are significantly more likely to be hospitalized due to intentional self-inflicted injuries than **boys**:⁶



125 vs 35

per 100,000 hospitalizations



49%

of youth **hospitalizations** due to intentional self-inflicted injuries were among those **ages 15-19 years**.⁶

Among Maine high school students:

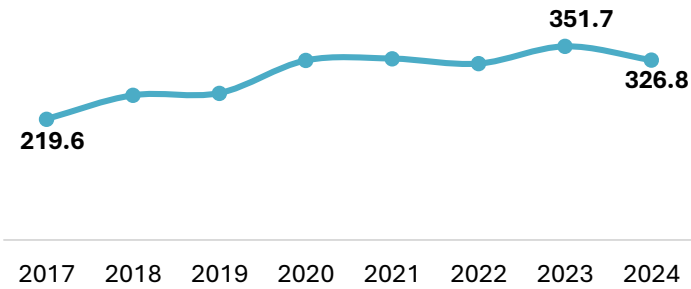
8% attempted suicide in the past year.⁷

Among Maine middle school students:

9% ever attempted suicide.⁷

SUICIDAL THOUGHTS

Figure 2. The rate of suicidal ideation related emergency department visits among youth peaked in 2023.⁸ (Rate per 10,000 Emergency Department Visits)



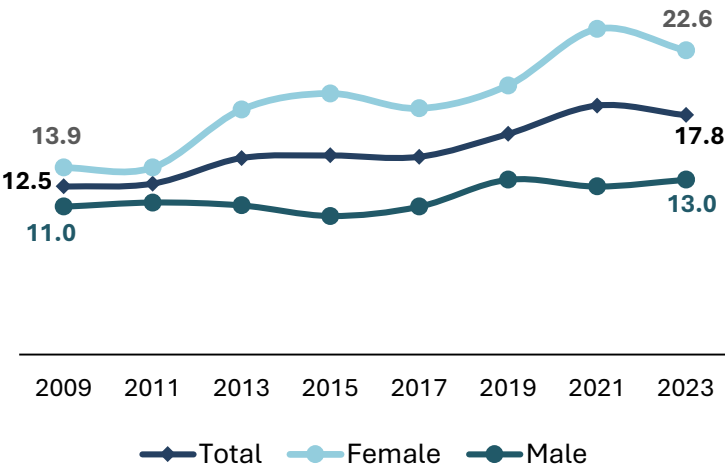
Among Maine high school students:

18% seriously **considered suicide** in the past year.⁷

Among Maine middle school students:

22% ever seriously **considered suicide**.⁷

Figure 3. Self-reported suicidal ideation among Maine high school students has been increasing, especially among girls. (Prevalence, %)⁷



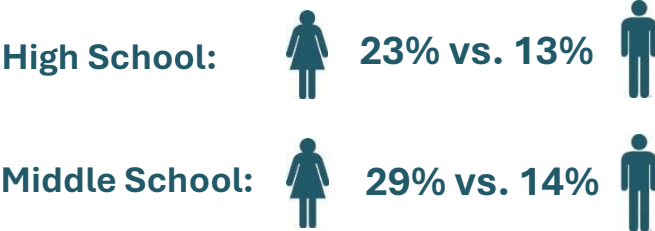
Technical Notes: *Age-adjusted rates are adjusted to the year 2000 U.S. population. **Data Sources:** 1. Maine Data, Research, and Vital Statistics (DRVS), 2019-2023; 2. Maine DRVS, 2003-2023; 3. CDC WISQARS, 2023; 4. Maine DRVS, 2023; 5. Maine Health Data Organization (MHDO), 2019-2023 6. MHDO, 2023; 7. Maine Integrated Youth Health Survey, 2023; 8. National Syndromic Surveillance Program's ESSENCE

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DISPARITIES

Female youth are more likely to have suicidal thoughts and attempt suicide.

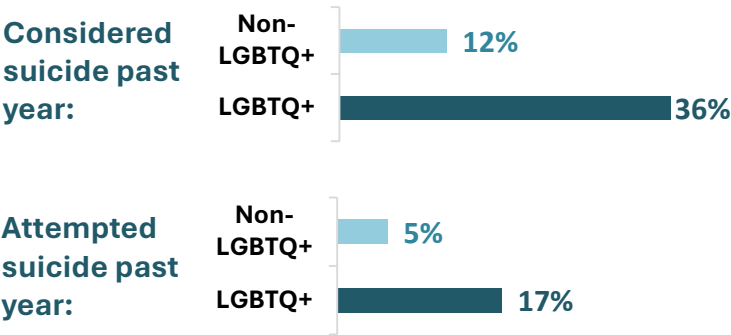
Girls are significantly more likely to consider suicide than boys:⁷



Male youth ages 10-24 are more likely to die by suicide accounting for 73% of all youth suicide deaths in Maine.⁴

Male youth are more likely to use a firearm (70%) when attempting suicide than females (22%).¹

High school students who are gay, lesbian, bisexual, transgender, questioning, or describe their sexual orientation or gender identity in some other way are more likely to consider and attempt suicide.⁷



Maine Suicide Prevention Program
www.maine.gov/suicide
988 Maine
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