

Suicide in Maine

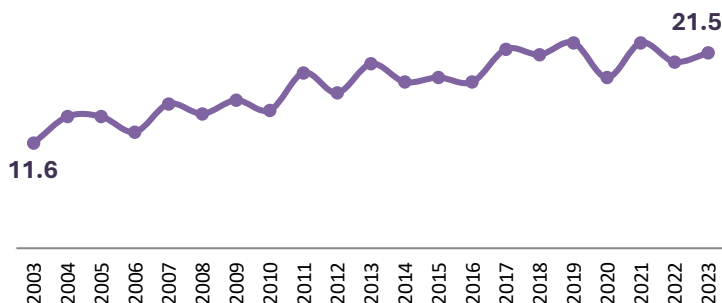


SUICIDE DEATHS

In 2023, 274 people died by suicide in Maine. An average of 266 suicide deaths occur each year.¹

Figure 1. The age-adjusted rate (per 100,000) of suicide deaths among Maine residents (ages 10+) has been increasing over the last 20 years.^{2*}

AGE-ADJUSTED SUICIDE DEATH RATE (per 100,000)
AMONG MAINE RESIDENTS (Ages 10+)²*



Maine's age-adjusted suicide rate is higher than the U.S. rate (ages 10+):³



21.5 vs 16.5
suicides per 100,000



2nd Suicide is the **second** leading cause of death among Maine residents **ages 15-44**.³

5th Suicide is the **fifth** leading cause of death among Maine residents **ages 45-54**.³

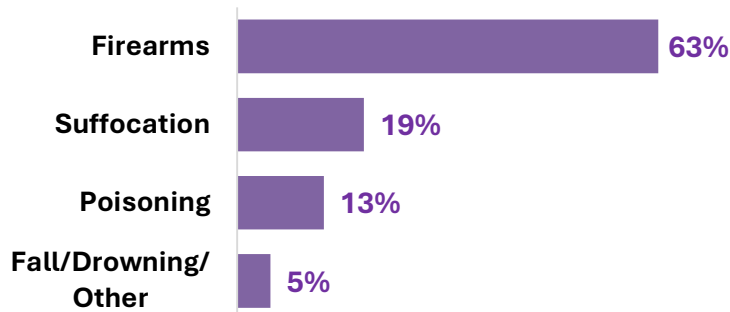
9th Suicide is the **ninth** leading cause of death among **all Mainers (ages 10+)**.³

Among Mainers ages 10 and older, there are

6 suicides for every 1 homicide³

SUICIDE METHODS

Figure 2. Firearms were used in over half (63%) of all suicide deaths in Maine.⁴



SUICIDE ATTEMPTS

1,754 Average number of **emergency department (ED) visits** annually due to intentional self-inflicted injuries.⁵

70% of all intentional self-inflicted injury related **ED visits** are among Maine residents **ages 10-34**.⁶

There are approximately **709 hospitalizations due to intentional self-inflicted injuries each year**.⁵

Maine women are more likely to be hospitalized due to intentional self-inflicted injuries than Maine men:⁶



60 vs. 42
per 100,000 hospitalizations



45% of all **hospitalizations** related to intentional self-harm were among Maine people **ages 10-34**.⁶

Among Maine high school students:

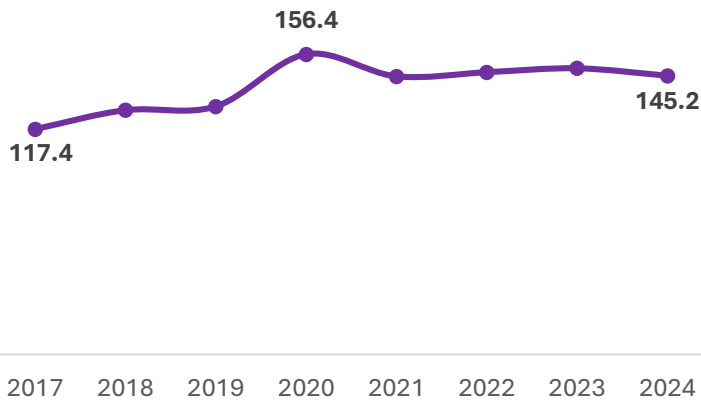
8% attempted suicide in the past year.⁷

Among Maine middle school students:

9% ever attempted suicide.⁷

SUICIDAL THOUGHTS

Figure 3. The rate of suicidal ideation related emergency department visits increased between 2017 and 2020 but has slightly declined since 2020. (Rate per 10,000 Emergency Department visits)⁸



During 2022-2024, there was an average of 9,900 suicidal ideation related emergency department visits each year among Maine residents.⁸

Among Maine adults (ages 18+):

40,139 have considered suicide in the past year (4%).⁹

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

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; 9. Maine Behavioral Risk Factor Surveillance System, 2023.

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DISPARITIES

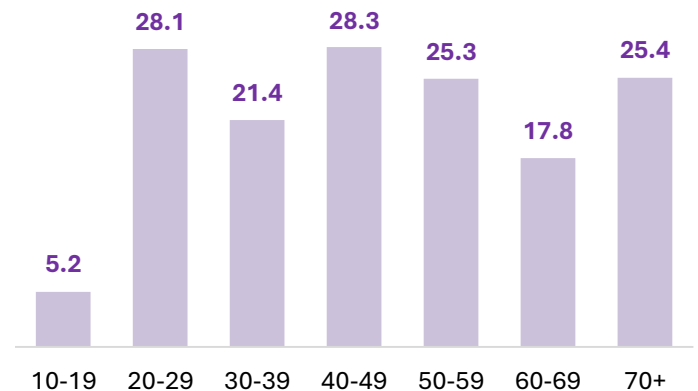
Men die by suicide at more than 3x the rate of women – 77% of all suicide deaths in Maine are among men.⁴

Firearms are the most common suicide method among men (74%).⁴

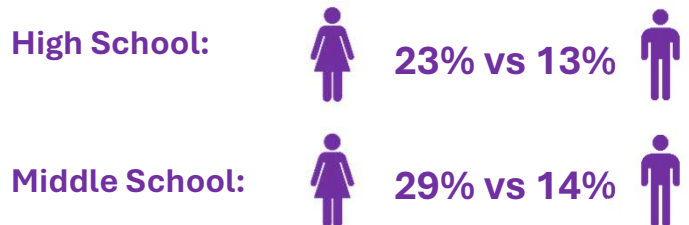
Poisoning is the most common suicide method among women (40%).⁴

Figure 4. Maine people ages 20-29 and 40-49 have the highest rates of suicide deaths.⁴

SUICIDE DEATH RATES (per 100,000) AMONG MAINE RESIDENTS BY AGE



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



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