

# Suicide Among Youth in Maine

Updated 2026

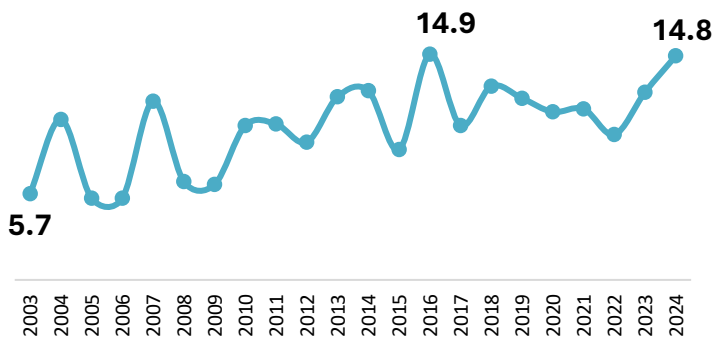


## SUICIDE DEATHS

In 2024, 35 youth ages 10-24 died by suicide in Maine.<sup>1</sup> An average of 28 youth suicide deaths occur each year.<sup>2</sup>

Figure 1. The age-adjusted rate (per 100,000) of suicide deaths among Maine youth ages 10-24 has been increasing since 2022.<sup>3\*</sup>

AGE-ADJUSTED SUICIDE DEATH RATE (per 100,000) AMONG MAINE YOUTH AGES 10-24<sup>3\*</sup>



The age-adjusted suicide rate among Maine youth ages 10-24 is slightly higher than the U.S. rate:<sup>4</sup>



**14.8 vs 9.4**  
suicides per 100,000



**2<sup>nd</sup>**

Suicide is the **second** leading cause of death among Maine youth ages 10-24.<sup>4</sup>

## SUICIDE METHODS

Firearms are used in **71%** of all youth suicide deaths in Maine; **suffocation** (including hanging/strangulation) accounts for **20%** of all youth suicide deaths.<sup>1</sup>

## SUICIDE ATTEMPTS

**899**

Average number of youth emergency department (ED) visits annually due to intentional self-inflicted injuries.<sup>5†</sup>

**53%**

of all intentional self-harm related ED visits were among youth ages 10-24 years.<sup>6†</sup>

There were 133 hospitalizations due to intentional self-inflicted injuries among Maine youth in 2024.<sup>6†</sup>

Girls are significantly more likely to be hospitalized due to intentional self-inflicted injuries than boys:<sup>6†</sup>



**88 vs 29**

per 100,000 hospitalizations



**48%**

of youth hospitalizations due to intentional self-inflicted injuries were among those ages 15-19 years.<sup>6†</sup>

Among Maine high school students:

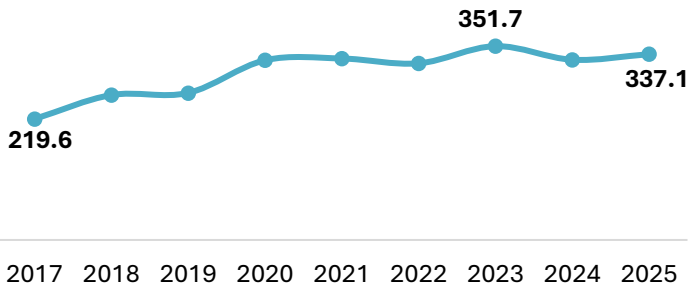
**6%** attempted suicide in the past year.<sup>7</sup>

Among Maine middle school students:

**7%** ever attempted suicide.<sup>7</sup>

# SUICIDAL THOUGHTS

**Figure 2. The rate of suicidal ideation related emergency department visits among youth peaked in 2023.<sup>8</sup> (Rate per 10,000 Emergency Department Visits)**



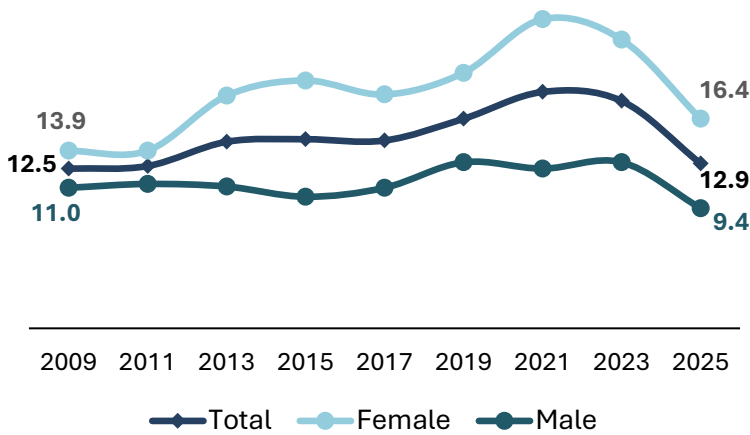
## Among Maine high school students:

**13%** seriously considered suicide in the past year.<sup>7</sup>

## Among Maine middle school students:

**19%** ever seriously considered suicide.<sup>7</sup>

**Figure 3. Self-reported suicidal ideation among Maine high school students decreased in 2025. (Prevalence, %)<sup>7</sup>**



**Technical Notes:** \*Age-adjusted rates are adjusted to the year 2000 U.S. population. †Due to changes in methodology used to identify Maine residents and track inpatient hospital admissions from the ED, data from this report should not be compared to data from previous reports.

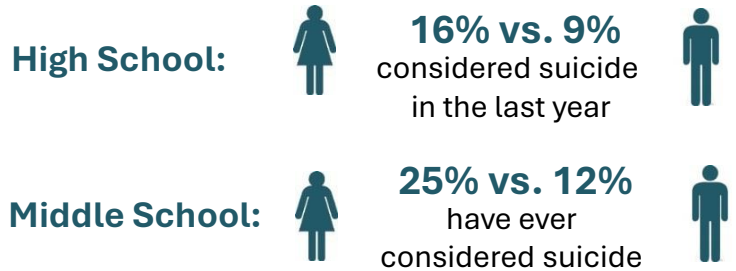
**Data Sources:** 1. Maine Data, Research, and Vital Statistics (DRVS), 2024; 2. Maine DRVS, 2020-2024; 3. Maine DRVS, 2003-2024; 4. CDC WISQARS, 2024; 5. Maine Health Data Organization (MHDO), 2020-2024 6. MHDO, 2024; 7. [Maine Integrated Youth Health Survey](#), 2024; 8. National Syndromic Surveillance Program's ESSENCE, 2017-2025

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# DISPARITIES

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

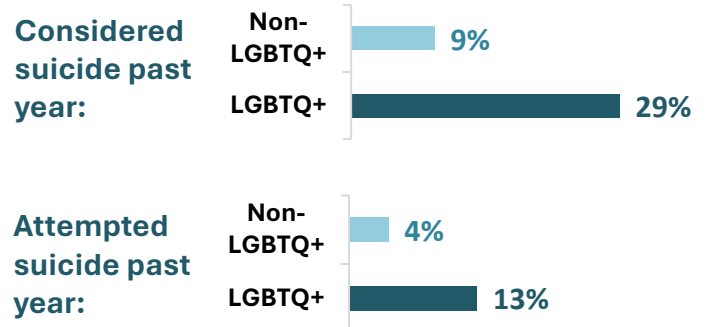
Girls are significantly more likely to consider suicide than boys:<sup>7</sup>



Male youth ages 10-24 are more likely to die by suicide accounting for 74% of all youth suicide deaths in Maine.<sup>1</sup>

Male youth are more likely to use a firearm (85%) when attempting suicide than females (33%).<sup>1</sup>

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.<sup>7</sup>



**Maine Suicide Prevention Program**  
[www.maine.gov/suicide](http://www.maine.gov/suicide)  
**988 Maine**  
 Free, confidential, and available 24/7  
 Call or text 988

