



Maine Suicide Prevention Program

Suicide prevention is up to all of us.

SUICIDE QUICK FACTS - AGES 10 AND OLDER

Suicide in the U.S. in 2011:

- Suicide was the 10th leading cause of death in the U.S.
- The age adjusted suicide rate among Maine people ages 10 and older was higher than the U.S. rate, 18 vs 15 suicides per 100,000. The annual rate of suicide in Maine has remained relatively stable since 2000. (source: US CDC WISQARS and Maine Data, Research and Vital Statistics)

Suicide in Maine 2010-2012:

- There were 630 suicide deaths – an average of 210 suicides per year. (source: US CDC WISQARS)
- Suicide was the second leading cause of death among Maine people ages 15-34 and the fourth leading cause of death among Maine people ages 35-54. (source: US CDC WISQARS)
- More Maine people ages 10 and older die from suicide than by homicide. For every homicide, there were approximately seven suicides. (source: US CDC WISQARS)
- Suicide is four times more likely among males than females representing 80 percent of all Maine suicides.

Non-fatal Self-Inflicted Injuries in Maine 2009-2011:

- There were over 7,500 **emergency department visits** related to intentional self-injury
- Fifty-two percent of all intentional self-injury related **emergency department visits** were among Maine people ages 15-29.
- **Hospital discharges** was significantly higher among women than men

Suicide Methods in Maine- 2010-2012:

- Firearms were used in 51 percent of suicides. The second leading method, suffocation (including hanging/strangulation), accounted for 23 percent and poisoning accounted for 19 percent.

Resources:

- For help, call the Maine Crisis Hotline: **1-888-568-1112** to talk with a crisis worker near you.
- For more information about suicide, call 1-800-499-0027 / Maine relay 711 or email <http://www.maine.gov/dhhs/samhs/osa/> or visit the Maine Suicide Prevention Program at <http://www.maine.gov/suicide>