

# SUICIDE in MAINE

## A Data Brief: YOUTH (Ages 10-24)



Maine Center for Disease  
Control and Prevention

An Office of the  
Department of Health and Human Services

Paul R. LePage, Governor

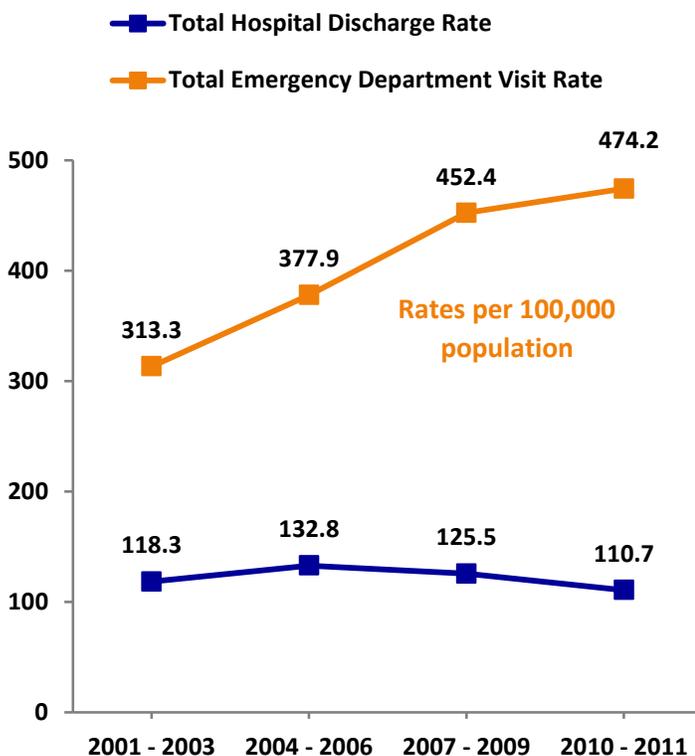
Mary C. Mayhew, Commissioner

### SUICIDE DEATHS

In 2010-2012 there were 75 suicide deaths among youth under age 24 (under age 14: three deaths, ages 15-19: 27 deaths, and ages 20-24: 45 deaths).<sup>1</sup>

- In Maine and the U.S., suicide was the second leading cause of death among Maine youth ages 15-24.<sup>1</sup>
- More male Maine youth (66) died by suicide than female youth (nine). Of every eight youth suicides, seven were male.<sup>1</sup>
- The age-adjusted suicide rate among Maine youth ages 10-24 was higher than the U.S. rate - 10.2 vs. 7.8 suicides per 100,000.<sup>1,2</sup>

**Figure 1. Age-Adjusted Intentional Self-Injury Related Hospital Discharges and Emergency Department Visits**



### SUICIDE ATTEMPTS

The rate of intentional self-injury related emergency department visits steadily, and significantly, increased since 2001. (Figure 1)<sup>3</sup>

In 2010-2011:

- There were 1164 emergency department visits for intentional self-injury among Maine youth.<sup>3</sup>
- Fifty percent (584) of all intentional self-injury related emergency department visits were among Maine people ages 15-19 years old from 2010-2011.<sup>3</sup>

The rate of intentional self-injury related hospital discharges remained steady since 2001. (Figure 1)<sup>3</sup>

In 2010-2012:

- There were 270 hospital discharges for intentional self-injury among Maine youth ages 10-24.<sup>3</sup>
- The age-adjusted hospital discharge rate for intentional self-injury was significantly higher among female youth than male youth (82.7 vs. 48.0 per 100,000).<sup>3</sup>
- Eighty-seven percent (235) of all intentional self-injury related hospital discharges among Maine youth were among youth ages 15-24 years old.<sup>3</sup>

### SUICIDE METHODS

- The leading method of suicide among youth ages 10-24 years were firearms, used in 47 percent (35) of all youth suicides in Maine in 2010-2012.
- The second leading method of youth suicide, suffocation (including hanging/strangulation), accounted for 35 percent (26) of all youth suicides.

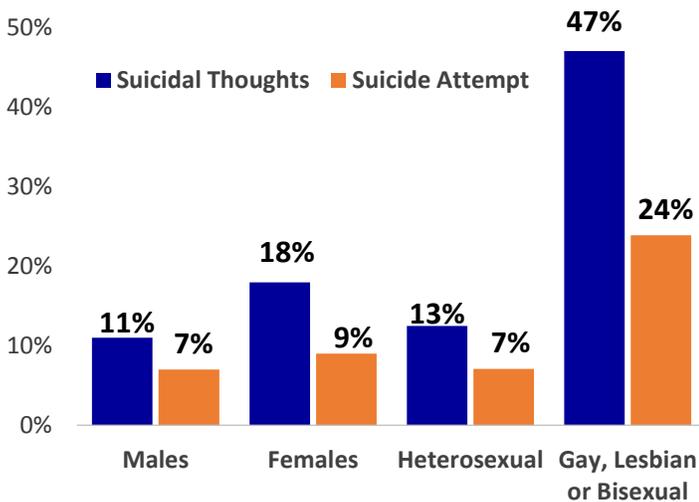
## SUICIDAL THOUGHTS & ATTEMPTS

Suicidal thoughts and attempts are a concern among Maine students.

In 2013:

- **Fifteen percent** of Maine high school students and **17 percent** of Maine middle school students reported they had seriously considered suicide (past year for high school; ever for middle school).<sup>5</sup>
- **Eight percent** of Maine high school students and **6 percent** of Maine middle school students reported attempting suicide (within past year for high school; ever for middle school).<sup>5</sup>

**Figure 3. Suicidal Thoughts & Attempts, 2013<sup>5</sup>**  
(by Sex & Sexual Orientation among Maine High School Students)



## DISPARITIES: Gender & Sexual Orientation

Male youth are more likely to die by suicide than female youth. However, female youth are more likely to attempt suicide than male youth.

- Suicide is **seven times** more likely among male youth than female youth – **88 percent** of all Maine youth suicides in 2010-2012.<sup>2</sup>
- High school girls were significantly more likely to consider suicide (**18 percent**) than high school boys (**11 percent**, Figure 3).<sup>5</sup>
- Female youth ages 15-19 years have significantly higher rates of intentional self-injury related **hospital discharges** and **emergency department visits** than females ages 10-14, and all male youth (ages 10-14, 15-19, 20-24 years).

Maine high school students who are gay, lesbian or bisexual are more likely to consider and attempt suicide.

- In 2013, among gay, lesbian or bisexual Maine high school students, **47 percent** reported suicidal thoughts compared to **13 percent** of heterosexual students (Figure 3).<sup>5</sup>
- **Twenty-four percent** of gay, lesbian or bisexual Maine high school students reported having attempted suicide within the past 12 months compared to **7 percent** of heterosexual students (Figure 3).<sup>5</sup>

**Technical Notes:** Age-adjusted rates are adjusted to the year 2000 United States population. **Data Sources:** 1. CDC WISQARS 2. Maine Data, Research and Vital Statistics 3. Maine Health Data Organization 4. Maine Behavior Risk Factor Surveillance System 5. Maine Integrated Youth Health Survey

### MAINE SUICIDE PREVENTION PROGRAM

Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services

For more information or suicide prevention materials, contact: [samhs.irc@maine.gov](mailto:samhs.irc@maine.gov)

1.800.499.0027 (Maine only) or 207.287.8900 TTY Use Maine Relay: 711, [www.maine.gov/suicide](http://www.maine.gov/suicide)

**STATEWIDE TOLL-FREE CRISIS LINE: 1.800.568.1112**



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