

Suicide in Maine - 2022 Update

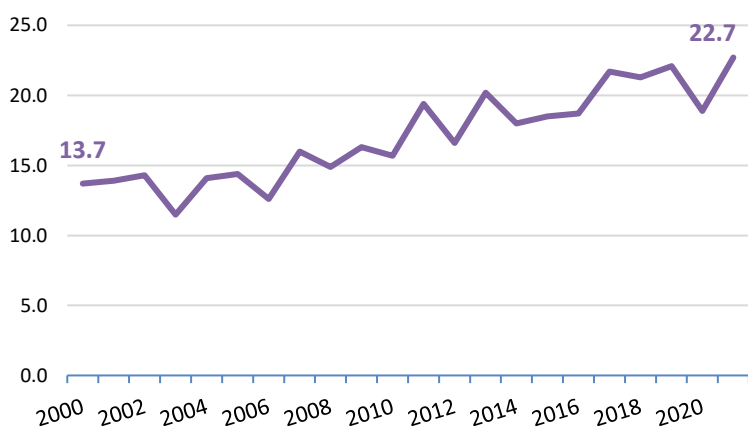
Ages 10+



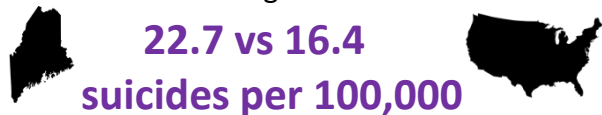
SUICIDE DEATHS

In 2021, 277 people died by suicide in Maine. An average of 266 people die each year.¹

Figure 1. In 2021 the age-adjusted rate of suicide deaths among Maine residents was the highest it has been in over 20 years. (Rate per 100,000)¹



Maine's suicide rate is higher than the United States:²



2nd Suicide is the second leading cause of death among Maine people **ages 15-34 years.**³

4th Suicide is the fourth leading cause of death among Maine people **ages 10-14 and 35-54 years.**³

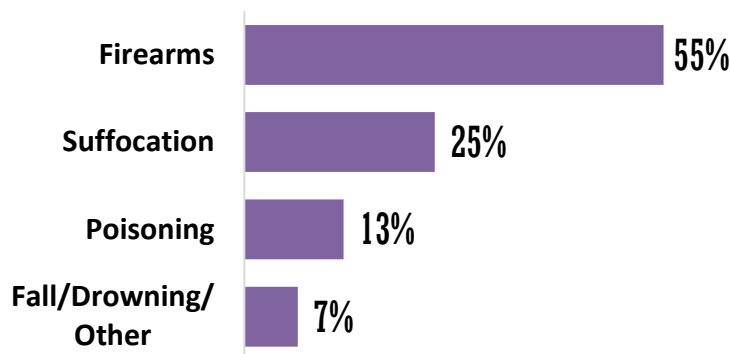
9th Suicide is the ninth leading cause of death among **all Mainers.**³

Among Mainers ages 10 and older, there are:

13 suicides for every 1 homicide³

SUICIDE METHODS

Firearms are used in about a half (**55%**) of all suicide deaths in Maine.¹



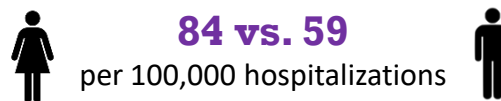
SUICIDE ATTEMPTS

1,907 Average number of **emergency department (ED) visits** annually due to intentional self-inflicted injuries.⁴

58% of all intentional self-inflicted injury related **ED visits** are among Mainers **ages 10-34 years.**⁴

There are approximately **763 hospitalizations** due to intentional self-inflicted injuries among Maine residents each year.⁴

Maine women are more likely to be hospitalized due to intentional self-inflicted injuries than Maine men⁴:



53% of all **hospitalizations** related to intentional self-inflicted injuries were among Maine people **ages 10-34 years.**⁴

Among Maine high school students:

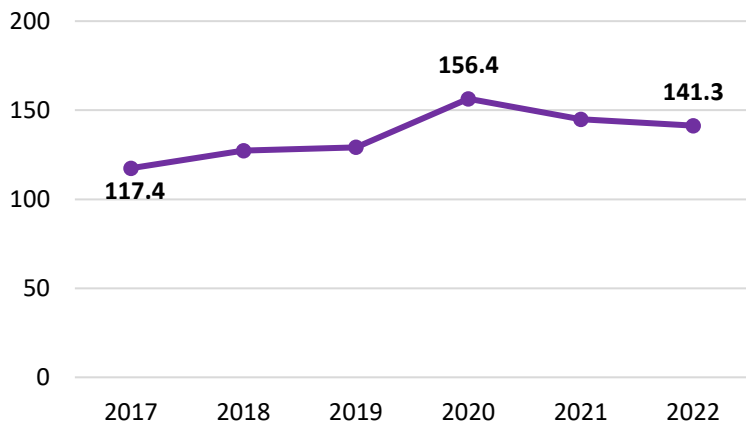
9% attempted suicide in the past year.⁵

Among Maine middle school students:

8% have ever attempted suicide.⁵

SUICIDAL THOUGHTS

Figure 2. The rate of ED visits for suicidal ideation increased between 2017 and 2020 but have declined since then. (Rate per 10,000 ED visits)⁶



In 2019-2021, there were an average of 9,620 ED visits each year for suicidal ideation among Maine residents.⁶

Among Maine adults (ages 18+):

31,420 have considered suicide in the past year (3%).⁷

Among Maine high school students:

19% seriously considered suicide in the past year.⁵

Among Maine middle school students:

20% ever seriously considered suicide.⁵

DISPARITIES: Sex, Sexual Orientation, Gender Identity

Men die by suicide at **more than 4x** the rate of women; **82%** of all suicide deaths in Maine are among men.¹

Firearms are the most common suicide method among men (**61%** of all suicides among men).¹

Poisoning is the most common suicide method among women (**34%** of all suicides among women).¹

Girls are significantly more likely to consider suicide than boys.⁵

High School:



24% vs. 13%



Middle School:



26% vs. 13%



High school students who are gay, lesbian, bisexual, transgender, questioning, or describe their sexual or gender identity in some other way are more likely to have considered and attempted suicide in the past year.⁵

Considered suicide past year:

Non-LGBTQ+

12%

LGBTQ+

38%

Attempted suicide past year:

Non-LGBTQ+

6%

LGBTQ+

16%

Technical Notes: Age-adjusted rates are adjusted to the year 2000 U.S. population. **Data Sources:** 1. Maine Data, Research and Vital Statistics, 2018-2021; 2. CDC WONDER, 2021; 3. CDC WISQARS, 2018-2020; 4. Maine Health Data Organization, 2019-2021; 5. [Maine Integrated Youth Health Survey](#), 2021; 6. [National Syndromic Surveillance Program's](#) ESSENCE, 2017-2022; 7. Maine Behavioral Risk Factor Surveillance System, 2012, 2014 & 2015

MAINE SUICIDE PREVENTION PROGRAM

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

To learn more visit www.maine.gov/suicide or contact tsup.dhhs@maine.gov

For suicide prevention materials visit www.maine-preventionstore.com

MAINE CRISIS LINE: Call or Text 1.888.568.1112 / SUICIDE & CRISIS LIFELINE: Call 988

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