Emergency department visits due to intentional self-inflicted injury have steadily, and significantly, increased since 2001. (Figure 1)

- Average number of emergency department visits annually due to intentional self-inflicted injuries: 2,510
- 46% of all intentional self-inflicted injury related emergency department visits among Maine youth were among those ages 15-19 years old.

Hospital discharges due to intentional self-inflicted injuries were steady until 2012 and significantly increased in 2013. (Figure 1)

- Maine women are more likely to be hospitalized due to intentional self-inflicted injuries than Maine men: 151 vs. 94 per 100,000 hospitalizations
- 67% of all hospital discharges related to intentional self-inflicted injuries were among Maine people ages 10-44 years.

Suicide methods (2014-2016)

- Firearms: 52%
- Suffocation: 25%
- Poisoning: 17%
- Fall/Drowning/Other: 6%

Suicide is the fourth leading cause of death among Maine youth ages 10-14 years.

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

Suicide is the fourth leading cause of death among Maine people ages 35-54 years.

Among Mainers ages 10 and older, there are:

- 4 suicides for every 1 homicide

Figure 1. Age-Adjusted Suicide Deaths, Self-Inflicted Injury Related Hospital Discharges and Emergency Department Visits among Maine residents (ages 10+)
Rates per 100,000 population

Note: Hospital discharge and emergency department visit data not yet available for 2015.

Death Rate
Hospital Discharge Rate
Emergency Department Visit Rate
SUICIDE THOUGHTS & ATTEMPTS

Among Maine adults (ages 18+):

31,420 Maine adults considered suicide in the past year (3%).

Among Maine high school students:

15% seriously considered suicide in the past year.

7% attempted suicide in the past year.

Among Maine middle school students:

16% ever seriously considered suicide.

6% ever attempted suicide.

DISPARITIES: Sex, Sexual Orientation, Transgender

Men are more likely to die by suicide than women.

Suicide is 3.5x more likely among males than females; 78% of all suicides in Maine in 2014-2016 were among men.

Firearms are the most common suicide method among men (60% of all suicides among men).

Poisoning is the most common suicide method among women (43% of all suicides among women).

High school girls are significantly more likely to consider suicide than high school boys.

High school students who are gay, lesbian, bisexual, transgender or unsure of their gender identity are more likely to consider and attempt suicide.

In 2017, 36% of gay or lesbian and 43% of bisexual Maine high school students reported suicidal thoughts in the past year compared to 11% of heterosexual students.

19% of gay or lesbian and 19% of bisexual Maine high school students reported attempting suicide within the past year compared to 6% of heterosexual students.

54% of transgender Maine high school students reported suicidal thoughts within the past year compared to 14% of non-transgender students.


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, visit www.mainepreventionstore.com or contact: samhs.irc@maine.gov

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

STATEWIDE TOLL-FREE CRISIS LINE: 1.800.568.1112

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