

Suicide in Maine - 2022 Update

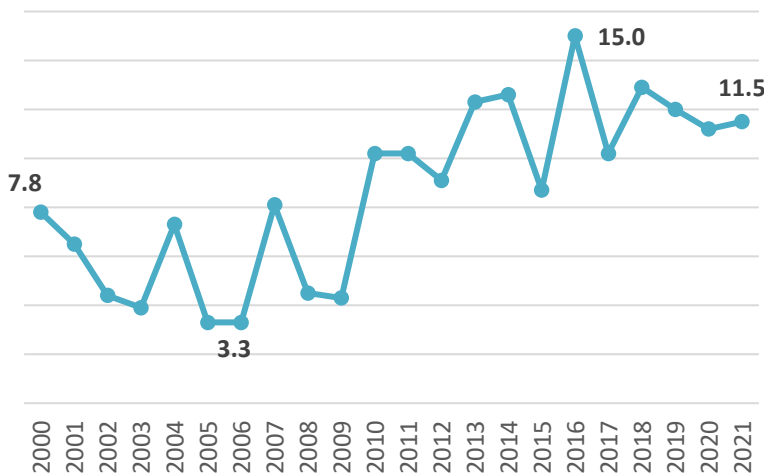
YOUTH (Ages 10-24)



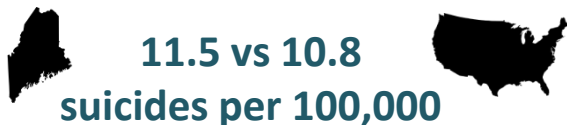
SUICIDE DEATHS

In 2021, 27 youth between the ages of 10-24 died by suicide in Maine. An average of 28 youth die each year.¹

Figure 1. The age-adjusted rate of suicide deaths has increased since 2006, but recent years had slightly lower rates than the peak in 2016. (Rate per 100,000)¹



The suicide rate among Maine youth ages 10-24 is slightly higher than the U.S. rate:³



2nd Suicide is the second leading **cause of death** among Maine youth ages 10-24²

SUICIDE METHODS

Firearms are used in **54%** of all youth suicide deaths in Maine; **suffocation** (including hanging/ strangulation) accounts for **40%** of all youth suicide deaths.¹

SUICIDE ATTEMPTS

921 Average number of youth emergency department (ED) visits annually due to intentional self-inflicted injuries.⁴

45% of all intentional self-inflicted injury related ED visits were among youth aged 10-24 years.⁴

Each year there are approximately 228 hospitalizations due to intentional self-inflicted injuries among Maine youth.⁴

Girls are significantly more likely to be hospitalized due to intentional self-inflicted injuries than **boys**:⁴



127 vs. 49
per 100,000 hospitalizations



41% of youth hospitalizations due to intentional self-inflicted injuries were among those **ages 15-19** years.⁴

Among Maine high school students:

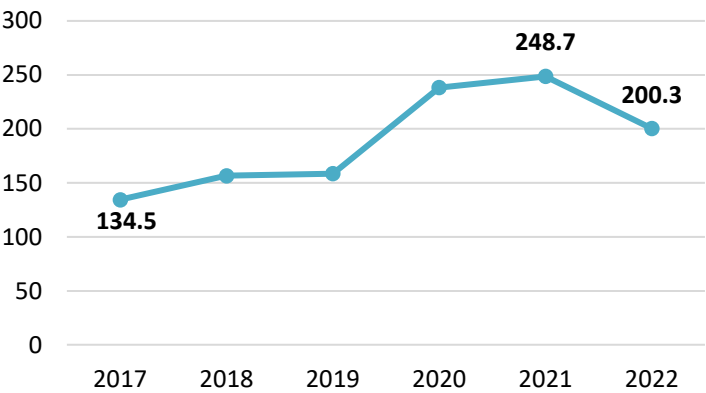
9% attempted suicide in the past year.⁵

Among Maine middle school students:

8% ever attempted suicide.⁵

SUICIDAL THOUGHTS

Figure 2. The rate of suicidal ideation ED visits among youth increased between 2017 and 2021. (Rate per 10,000 ED visits)⁶



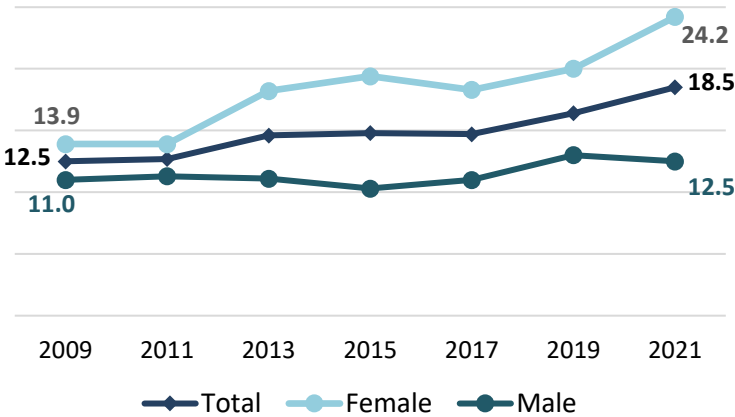
Among Maine high school students:

19% seriously considered suicide in the past year.⁵

Among Maine middle school students:

20% ever seriously considered suicide.⁵

Figure 3. Self-reported suicidal ideation among Maine High School students has been increasing, especially among girls. (Prevalence, %)⁵



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

DISPARITIES: Sex, Sexual Orientation, Gender Identity

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

In Maine, suicide is **8x** more likely among male youth than female youth. Males account for **89%** of all youth suicides in Maine.¹

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

High School:



24% vs. 13%



Middle School:



26% vs. 13%



Female youth have significantly higher rates of ED visits and hospitalization due to intentional self-inflicted injuries than male youth.⁴

High school students who are gay, lesbian, bisexual, transgender, questioning, or identify their sexual orientation or gender identity in some other way are more likely to consider and attempt suicide:⁵

Considered suicide past year:

Non-LGBTQ+

12%

LGBTQ+

38%

Attempted suicide past year:

Non-LGBTQ+

6%

LGBTQ+

16%

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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