Each year, approximately 30 Maine youth die by suicide (88 total suicide deaths 2014-2016: ages 10-14: 3 deaths, ages 15-19: 37 deaths, and ages 20-24: 48 deaths.)

Suicide is the second leading cause of death among Maine youth ages 10-24.¹

The suicide rate (2014-2016) among Maine youth ages 10-24 is higher than the U.S. rate: 12.6 vs 9.1 suicides per 100,000

Of every 5 youth suicides in Maine, 4 are male.¹

SUICIDE ATTEMPTS (2013-2014)³

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

1,188 Average number of emergency department visits annually due to intentional self-inflicted injuries of all intentional self-inflicted injury related emergency department visits among Maine youth were among those ages 15-19 years.

Hospital discharge rates due to intentional self-inflicted injuries were steady through 2012 but significantly increased in 2013. (Figure 1)

On average, there are 450 hospital discharges annually due to intentional self-inflicted injuries among Maine youth ages 10-24 years.

Girls are significantly more likely to be hospitalized due to intentional self-inflicted injuries than boys: 273 vs. 107 per 100,000 hospitalizations of all hospital discharges due to intentional self-inflicted injuries among Maine youth were among those ages 15-24 years.

SUICIDE METHODS (2014-2016)¹

Firearms are used in 47% of all youth suicides; suffocation (including hanging/strangulation) accounts for 40% of all youth suicides in Maine.

Note: Hospital discharge and emergency department visit data not yet available for 2015.
SUICIDE THOUGHTS & ATTEMPTS

Suicidal thoughts and attempts are a concern among Maine students.

Among Maine high school students:

15% seriously considered suicide in the past year. (Figure 2)
and
7% attempted suicide in the past year.

Among Maine middle school students:

16% ever seriously considered suicide
and
6% ever attempted suicide.

Figure 2. Suicidal Thoughts among Maine High School Students by Sex (Prevalence, %)


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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