

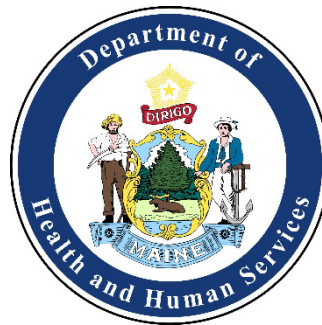
# Suicide and Self-Harm in Maine

**June 17, 2025**

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Maine & Maine CDC

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System, University of Maine

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Prevention, Maine CDC



# Suicide Deaths in Maine

## 2017-2025



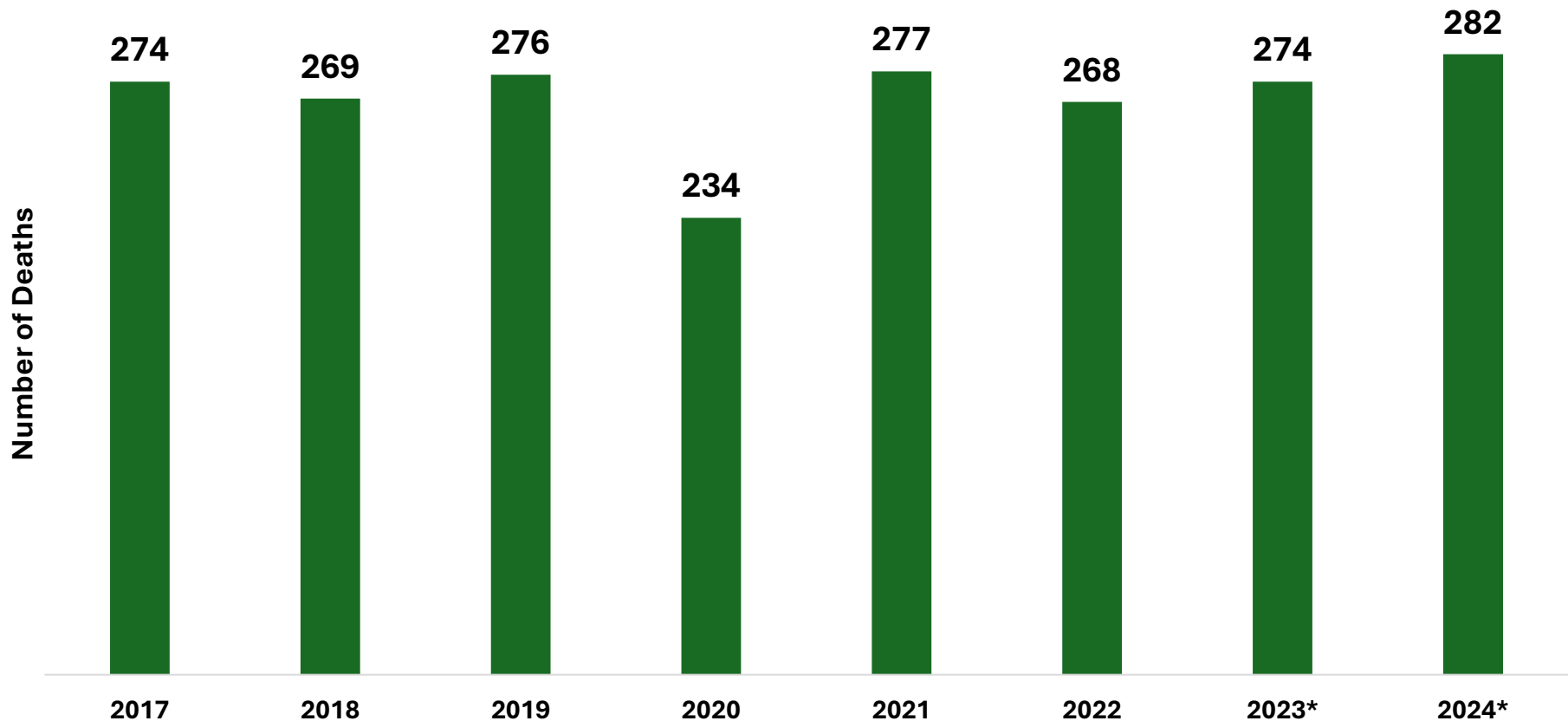
Maine death data are collected by the Maine CDC's Data, Research and Vital Statistics (DRVS) Program



More detailed exploration of deaths from the Maine Violent Death Reporting System

# Annual suicide deaths decreased in 2020 but have since returned to pre-pandemic levels.

Number of All Ages (+10) Suicide Deaths

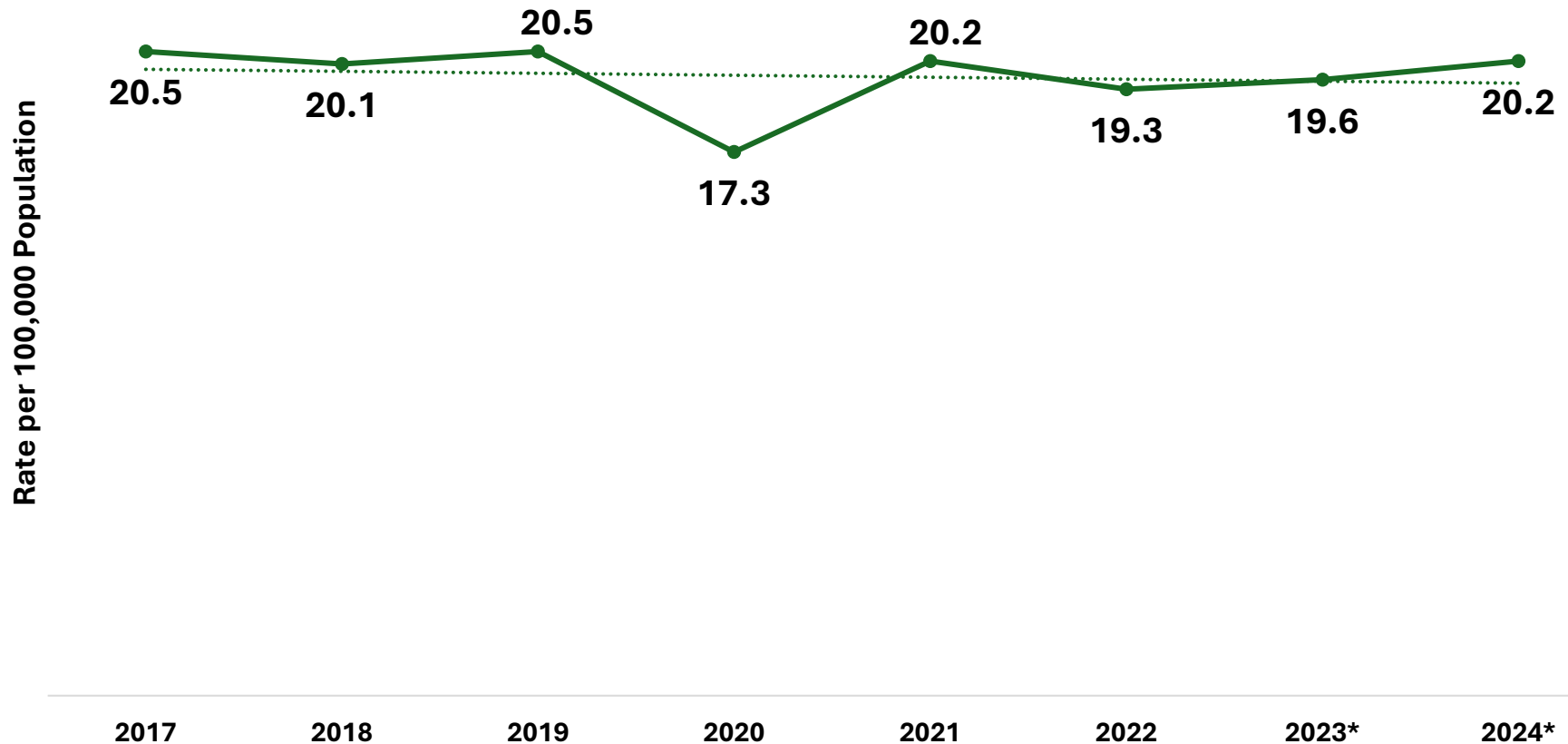


\* = Data is provisional

Maine Center for Disease Control and Prevention

# The rate of suicide deaths has been relatively stable, with a drop in 2020.

Rate of All Ages (+10) Suicide Deaths



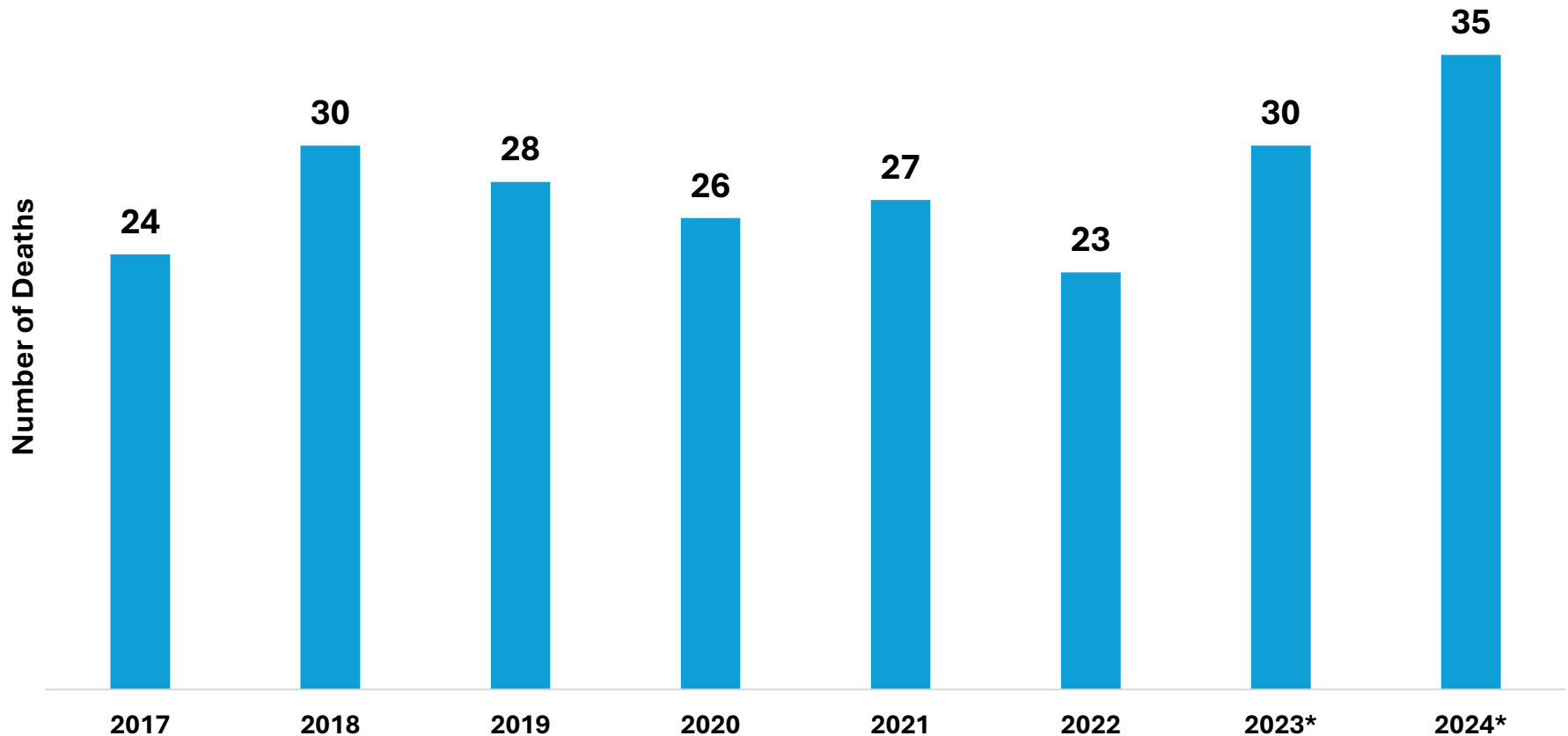
\* = Data is provisional

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Data Source: Maine Data, Research, and Vital Statistics (DRVS).

# 2024 had the highest number of youth suicide deaths.

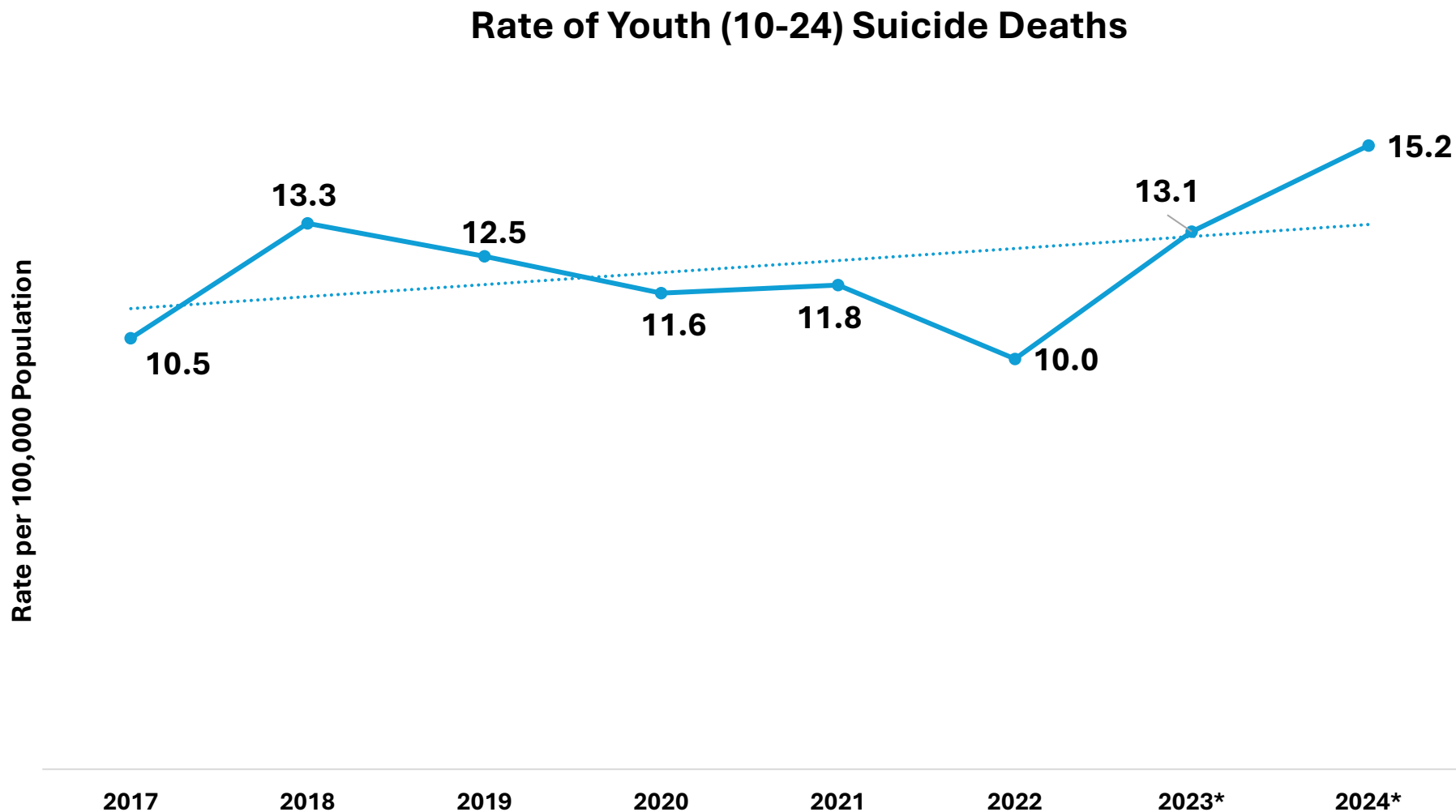
Number of Youth (10-24) Suicide Deaths



\* = Data is provisional

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# The rate of youth suicide deaths peaked in 2024.

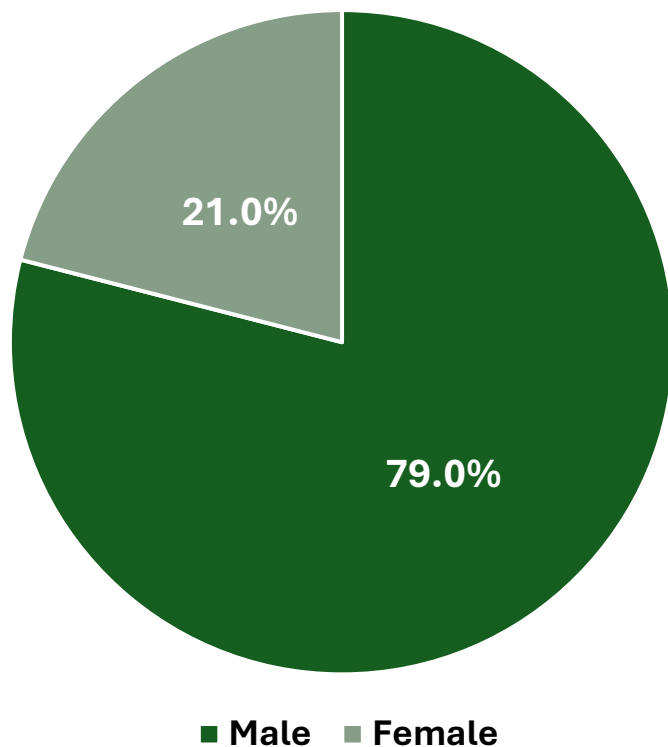


\* = Data is provisional

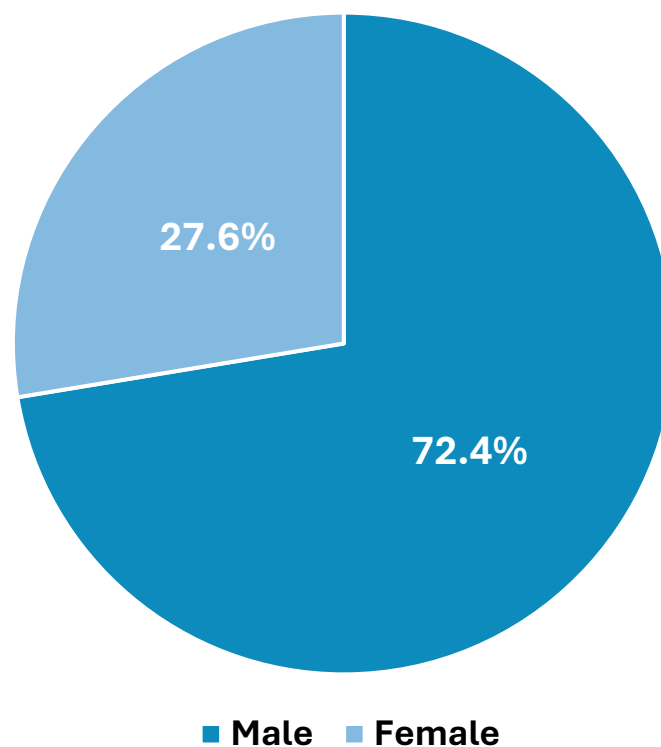
Data Source: Maine Data, Research, and Vital Statistics (DRVS).

# Males account for the majority of suicide deaths for all ages (10+) and youth (10-24).

**Percentage of Lifespan (10+)  
Suicide Deaths by Sex, 2021-  
2025**



**Percentage of Youth (10-24)  
Suicide Deaths by Sex, 2021-  
2025**



# Suicide-Related Emergency Department (ED) Visits 2017-2025



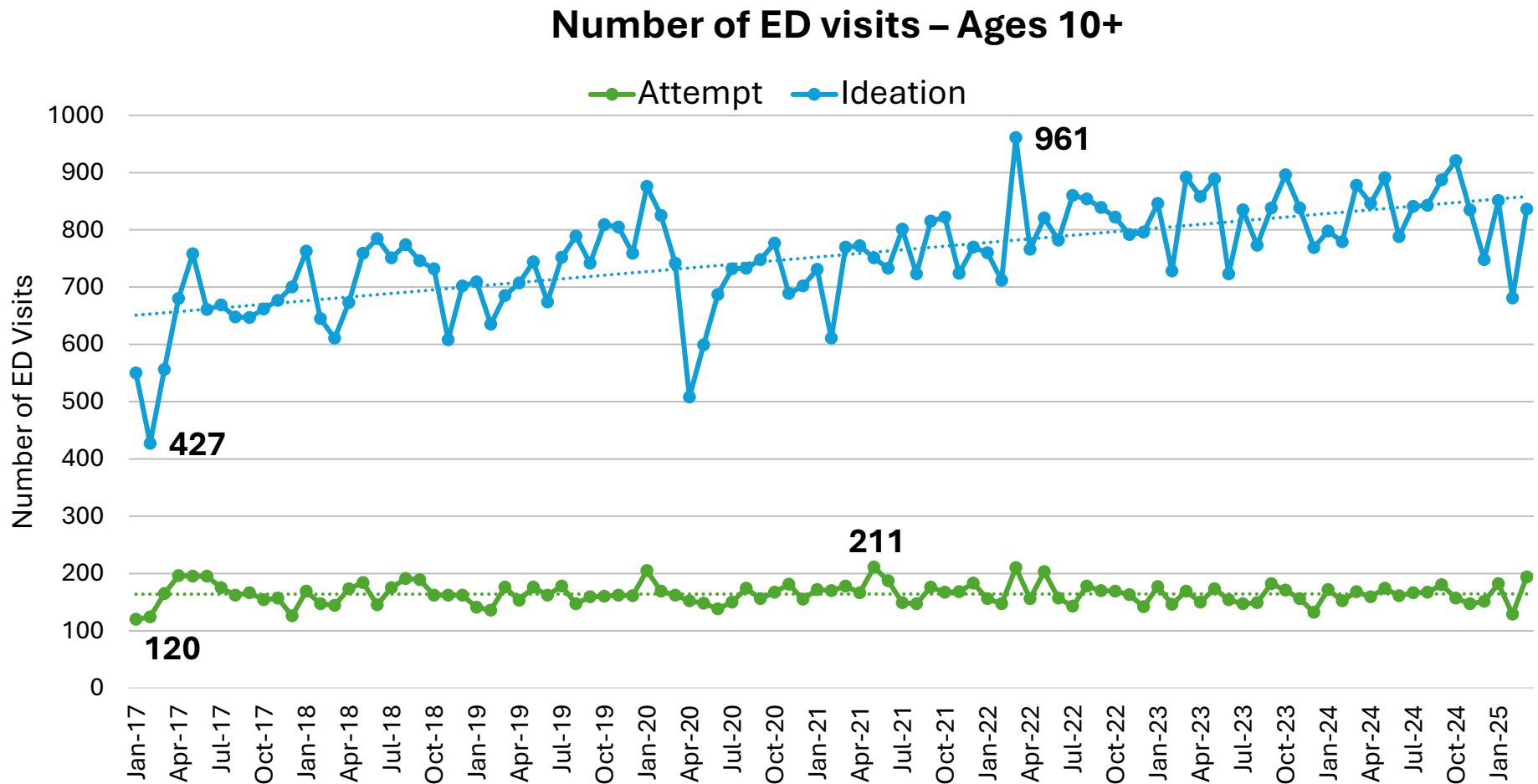
Syndromic Surveillance: Real-time tracking of ED visits where suicidal behavior was a relevant factor from all Maine hospitals



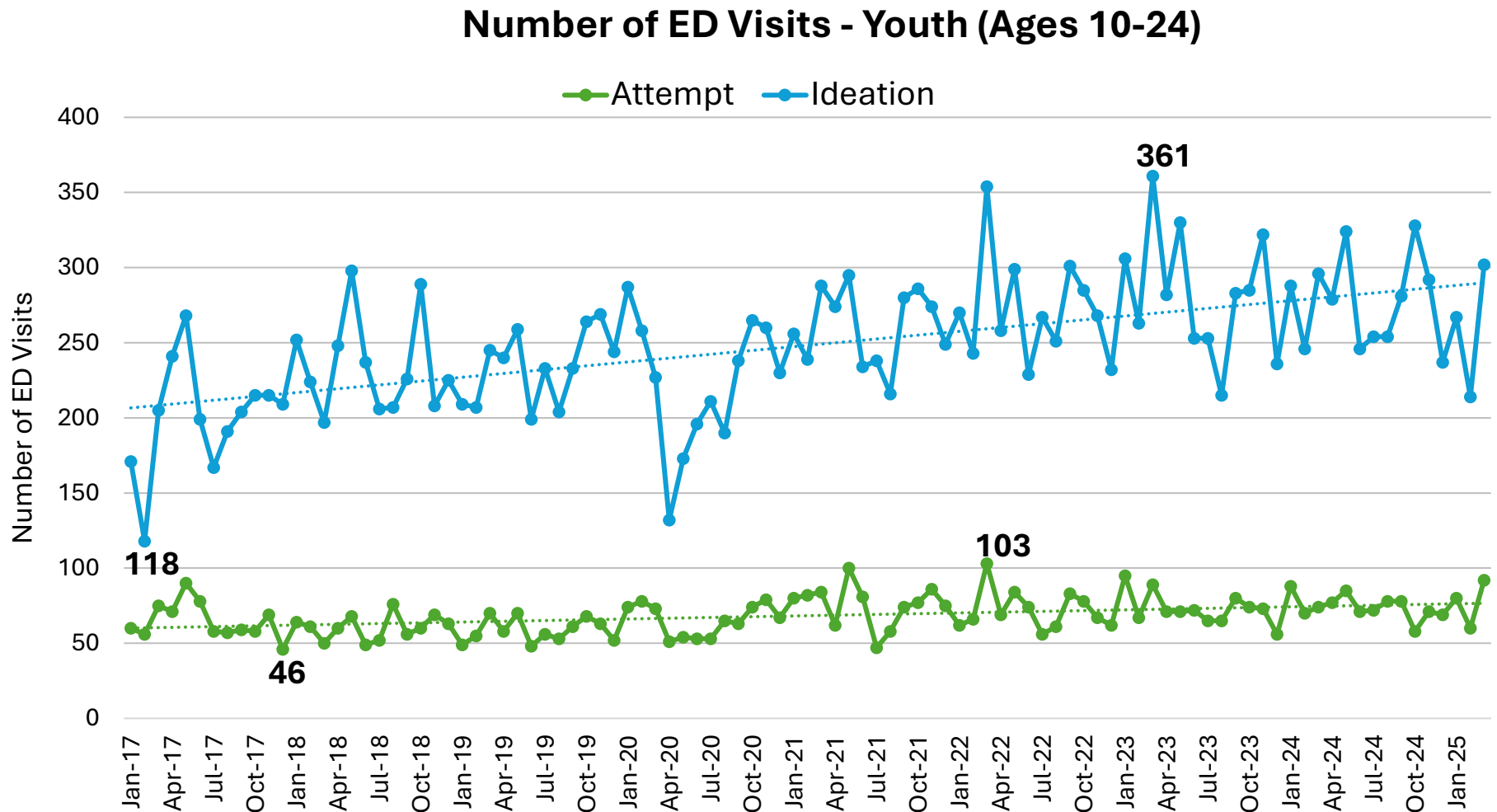
ED visits that involve suicide attempts, suicidal ideation, and intentional overdoses are tracked



# The number of ED visits for suicide attempts has been relatively stable, while the number of ideation visits has been increasing.

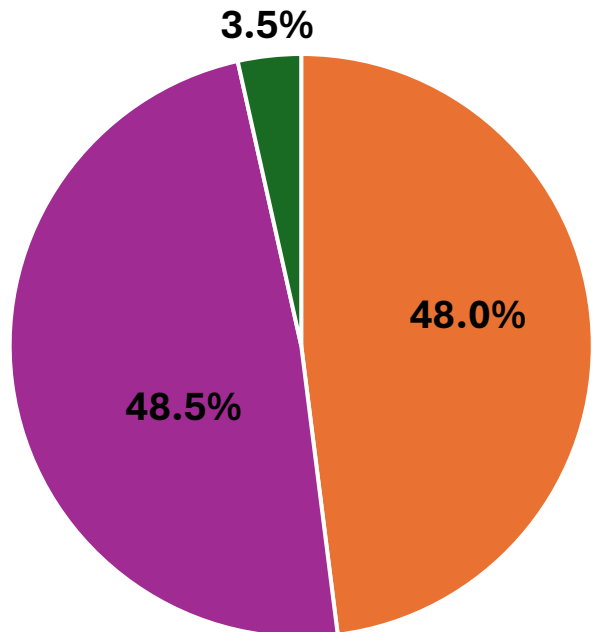


# The number of ED visits for suicide attempts among youth has been stable. ED visits for suicide ideation peaked in March 2023.



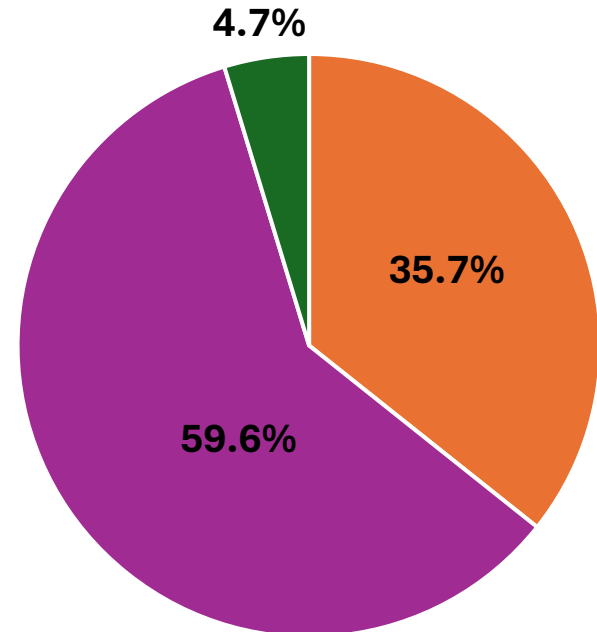
# ED visits for ideation are evenly split between men and women; women make up almost 2/3 of visits for suicide attempts.

**Suicide Ideation ED Visits by Sex (10+), 2020-2025**



Male Female Unknown

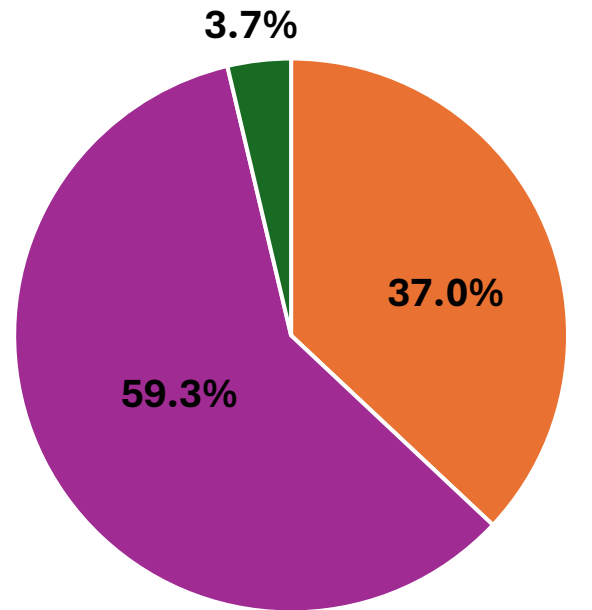
**Suicide Attempt ED Visits by Sex (10+), 2020-2025**



Male Female Unknown

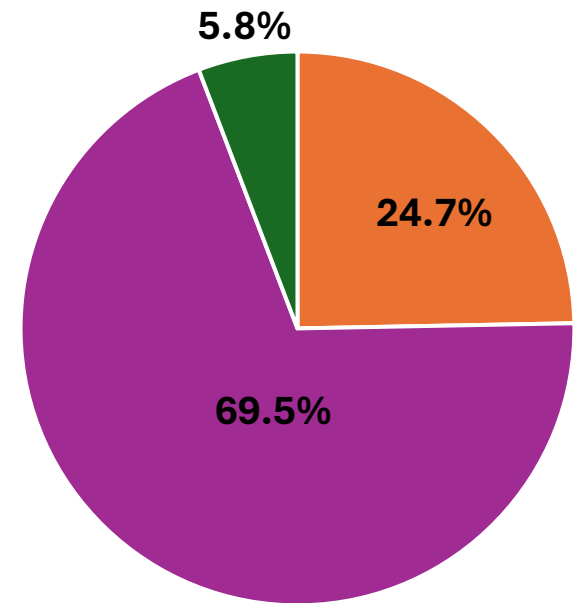
# Girls are more likely to visit the ED for suicidality than boys.

**Youth (10-24) Suicide  
Ideation ED Visits by Sex,  
2020-2025**



Male Female Unknown

**Youth (10-24) Suicide  
Attempt ED Visits by Sex,  
2020-2025**



Male Female Unknown

# Sex Differences in Risk Factors for Suicide Ideation Among Maine High School Students



Examined sex differences among risk factors associated with suicide ideation among Maine youth



Examined how these trends may have changed over time.

# Risk Factors

## MENTAL HEALTH

- Depression (felt sad or hopeless almost everyday for 2+ consecutive weeks past 12 mo)

## RISKY SEXUAL BEHAVIOR

- Intercourse before age 13 and/or 4+ more lifetime partners

## AGGRESSION

- Physical fight on/off school property past 30 days

## VICTIMIZATION

- Bullied on school property or electronically past 12 months

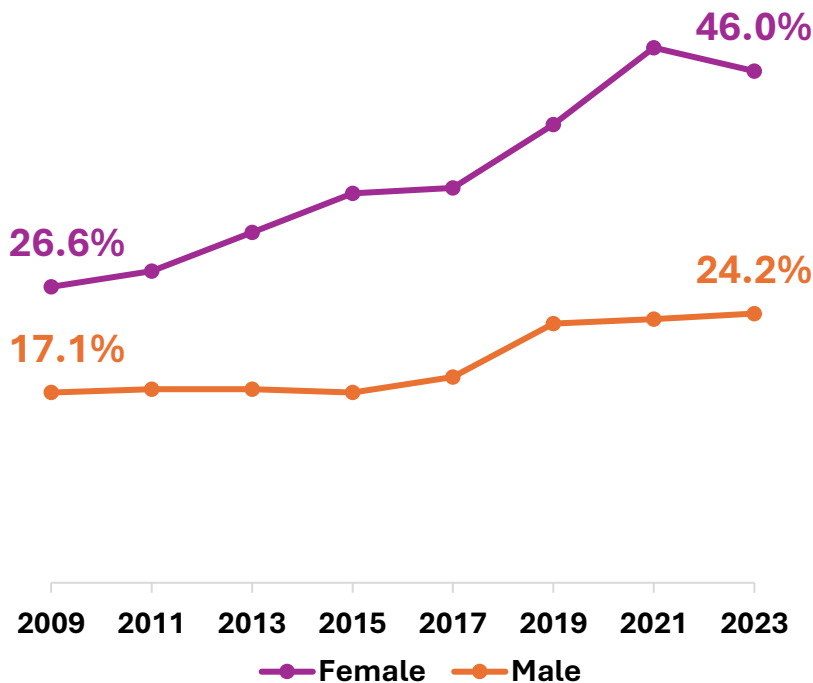
## ADVERSE CHILDHOOD EVENTS (ACEs)

- Parent(s) divorced/died/jailed, violence in the home, lack of love/support, sexual violence

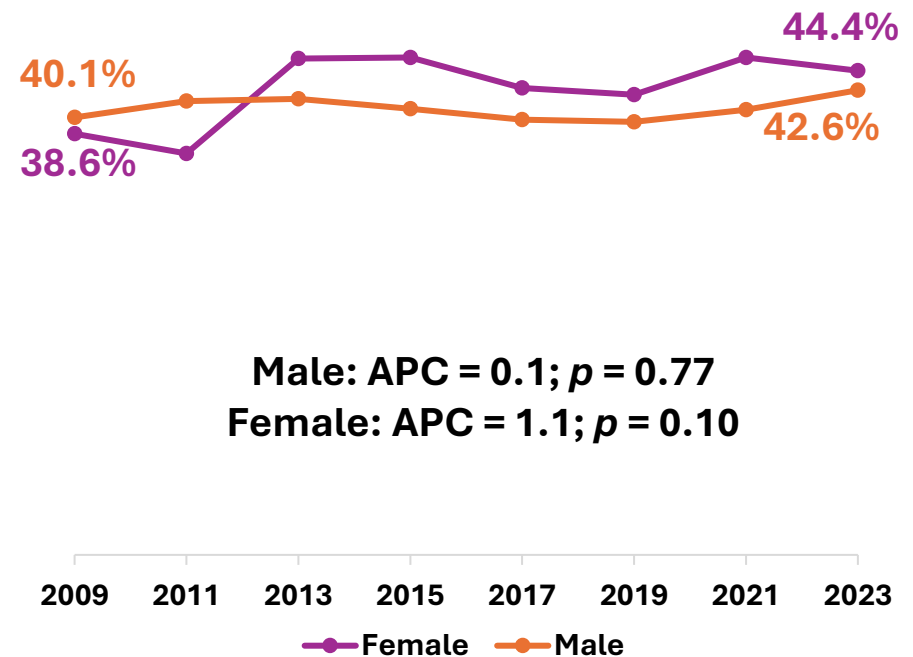


# Depression: Felt sad or hopeless almost everyday for 2+ consecutive weeks past 12 months

## DEPRESSION (Prevalence, %)



## Prevalence of SUICIDE IDEATION among Maine HS students who experienced depression



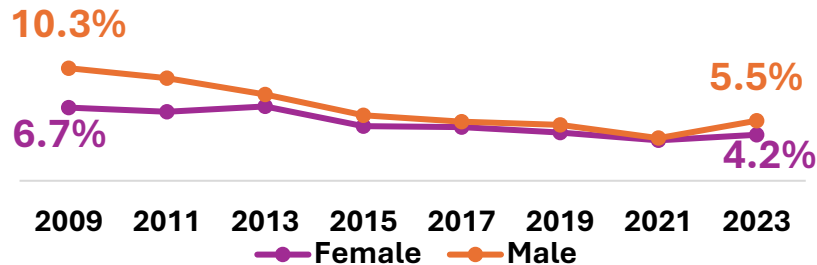
Maine Center for Disease Control and Prevention



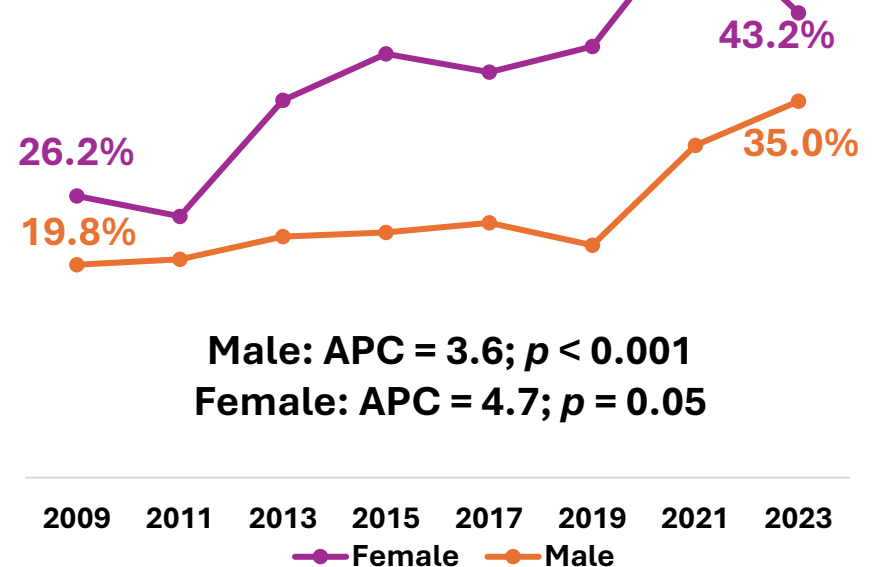
# Risky Sexual Behavior:

Intercourse before age 13 and/or 4+ more lifetime partners

## RISKY SEXUAL BEHAVIOR



## SUICIDE IDEATION among Maine HS students who engaged in risky sexual behavior



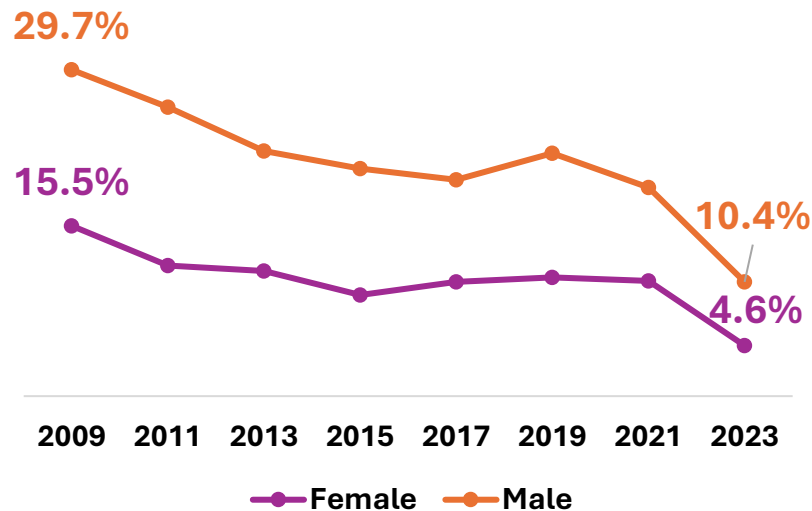
Maine Center for Disease Control and Prevention



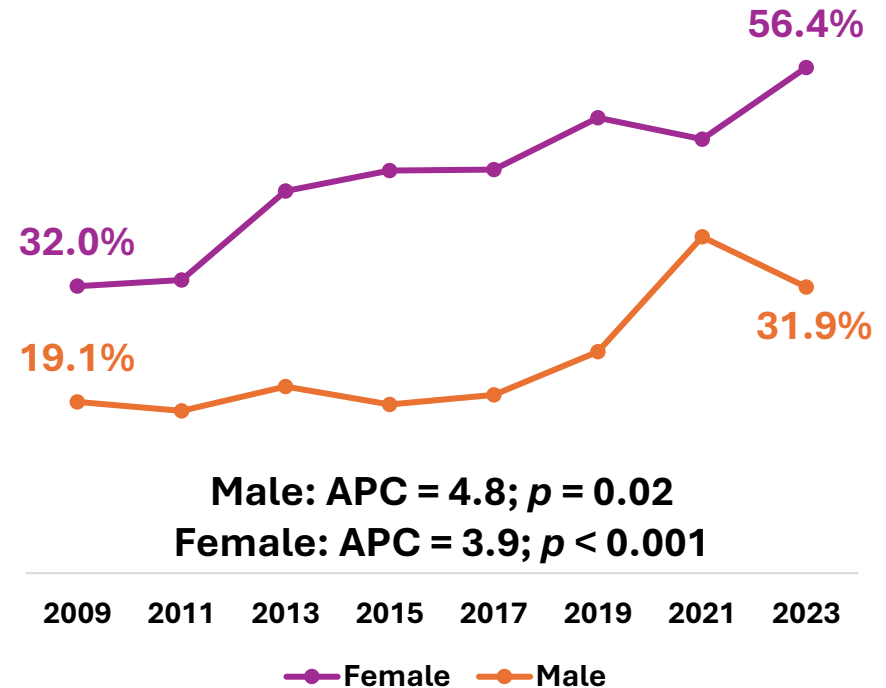


# Physical Fight: Physical fight on or off school property in the past 30 days

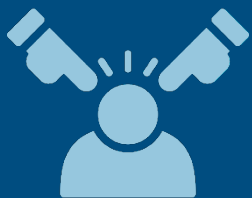
## PHYSICAL FIGHT



## SUICIDE IDEATION among Maine HS students who had a physical fight

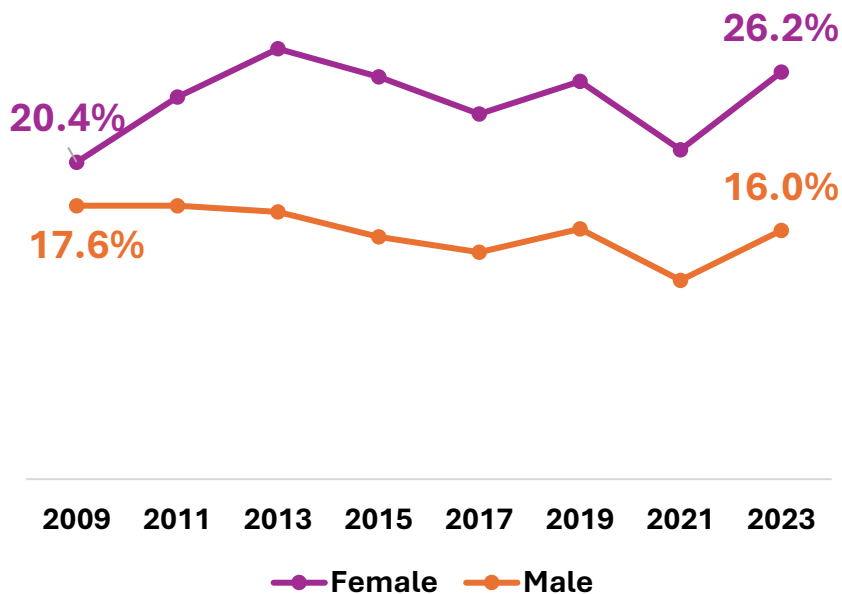


Maine Center for Disease Control and Prevention

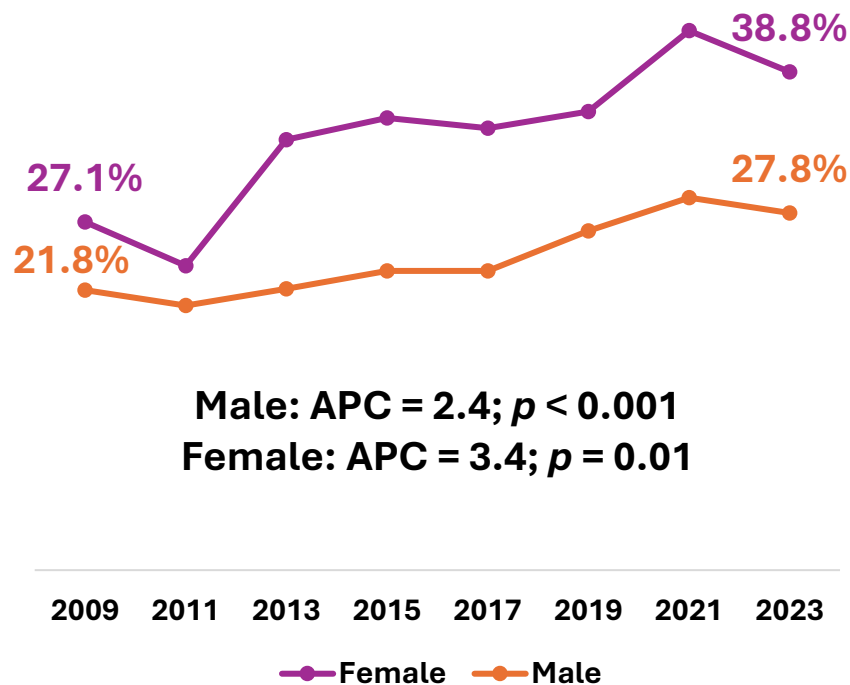


# Bullied: Bullied on school property or electronically in the past 12 months

## BULLIED



## SUICIDE IDEATION among Maine HS students who were bullied

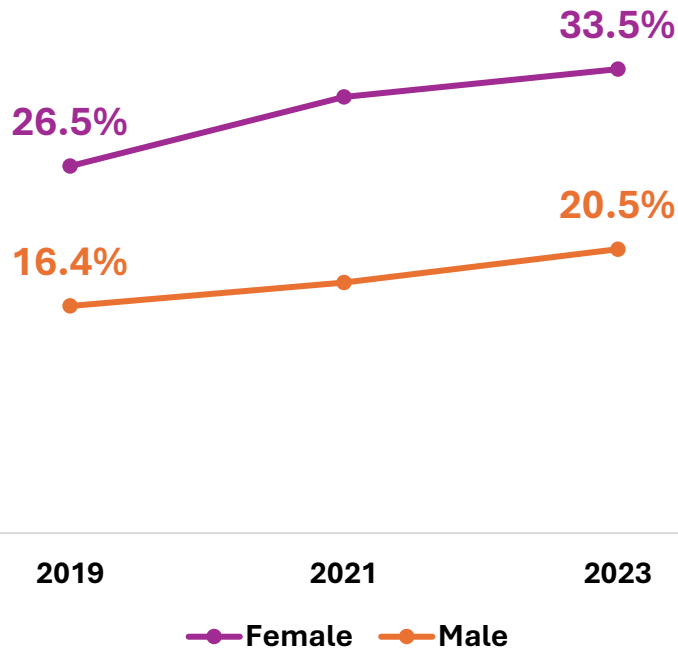


Maine Center for Disease Control and Prevention

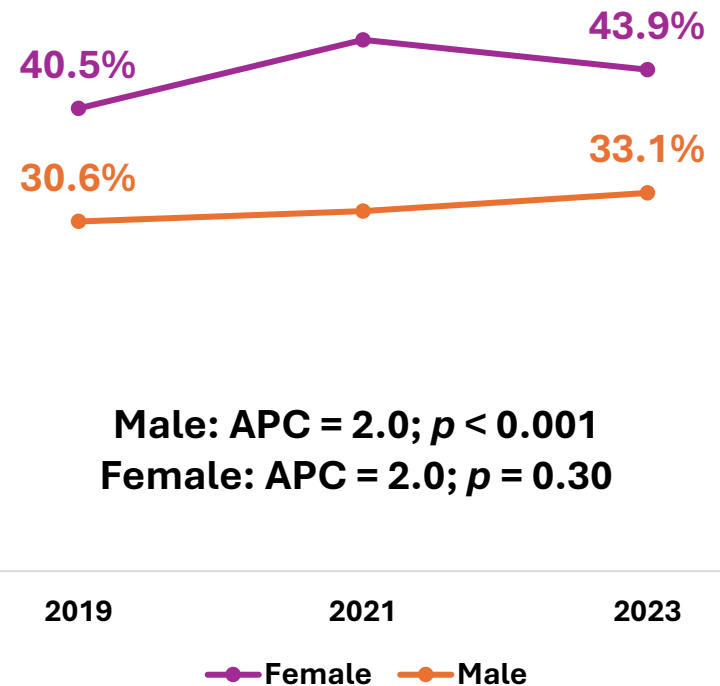


# ACEs: Experienced 4+ Adverse Childhood Events

## 4+ ACEs



## SUICIDE IDEATION among Maine HS students who had 4+ ACEs

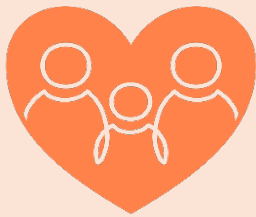


Maine Center for Disease Control and Prevention

# Protective Factors and Suicide Ideation Among Maine High School Students



Examined the impact protective factors have on depressive symptoms and suicide ideation among Maine youth



Protective factors are conditions or characteristics that can help mitigate the impact of risk factors, can help build resilience and are associated with a lower likelihood of negative outcomes.

# Protective Factors



**Matter in their community**



**People at their school care about and encourage them**



**Support from adults other than their parents**



**Receive love and support from their families**

# Risk Outcomes



## Depressive Symptoms

- Felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past 12 months



## Suicide Ideation

- Seriously considered suicide in the past 12 months

# Matter in Community



**In 2023, Maine high school students who felt they mattered in their community were less likely to report depressive symptoms and suicide ideation.**



**Felt sad/hopeless  
2+ weeks in a row**

**Matter in Community**



**Do not feel they  
matter in community**



**Considered suicide  
past year**



**$p < .0001$**

# Support From Other Adults



**In 2023, Maine high students who had support from adults other than their parents were less likely to report depressive symptoms and suicide ideation.**



**Felt sad/hopeless 2+ weeks in a row**

**Support from other adults**



**Little or no support from other adults**



**Considered suicide past year**



Maine Center for Disease Control and Prevention

**$p < .0001$**



# People at School Care



**In 2023, Maine high school students who felt people at their school cared about and encouraged them were less likely to report depressive symptoms and suicide ideation.**



**Felt sad/hopeless  
2+ weeks in a row**



**Considered suicide  
past year**

**Feel people at school care  
about & encourage them**



**26%**



**12%**

**Does not feel people at school  
care about & encourage them**



**43%**



**22%**

**$p < .0001$**

# Family Love & Support



**In 2023, Maine high school students who had love and support from family were less likely to report depressive symptoms and suicide ideation.**



**Felt sad/hopeless  
2+ weeks in a row**



**Considered suicide  
past year**

**Family love & support  
most of time/always**



**Does not have family love &  
support most of time/always**



**$p < .0001$**

# Conclusions

Suicide ideation has been increasing among Maine high school students

More Maine high school girls consider suicide than boys

Maine high school girls who have been bullied, experience violence, fight, or engage in risky sexual behaviors are more likely than their male counterparts to have considered suicide

The effects of most of the risk factors analyzed have been increasing over the years, even if the prevalence of the risk factors themselves may have decreased. Presence of protective factors can help reduce depression & suicidality among youth.

Students exhibiting risk behaviors should be screened for suicide