

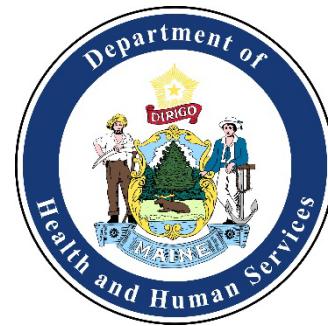
Suicide and Self-Harm in Maine

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Suicide Deaths in Maine

2017-2025



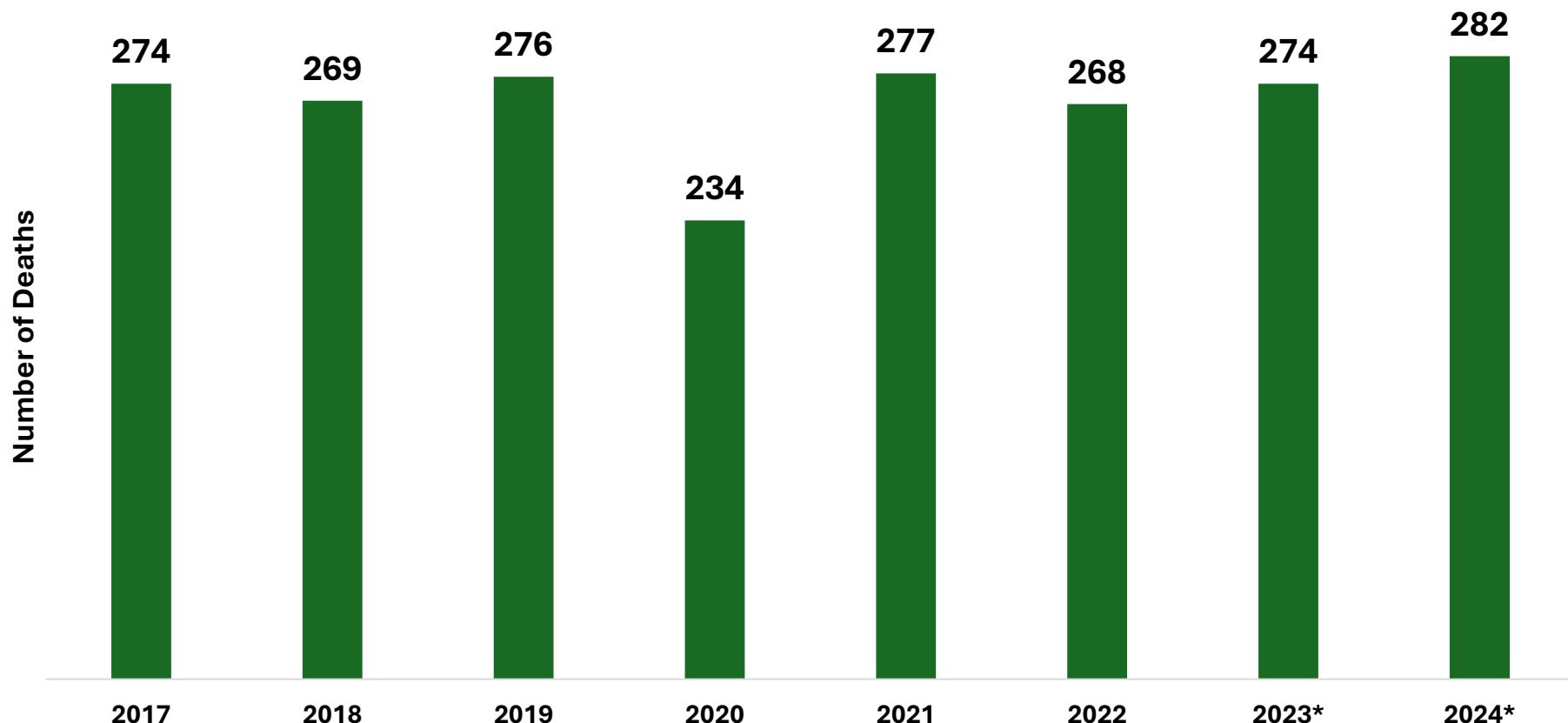
Maine death data are collected by the Maine CDC's Data, Research and Vital Statistics (DRVS) Program



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

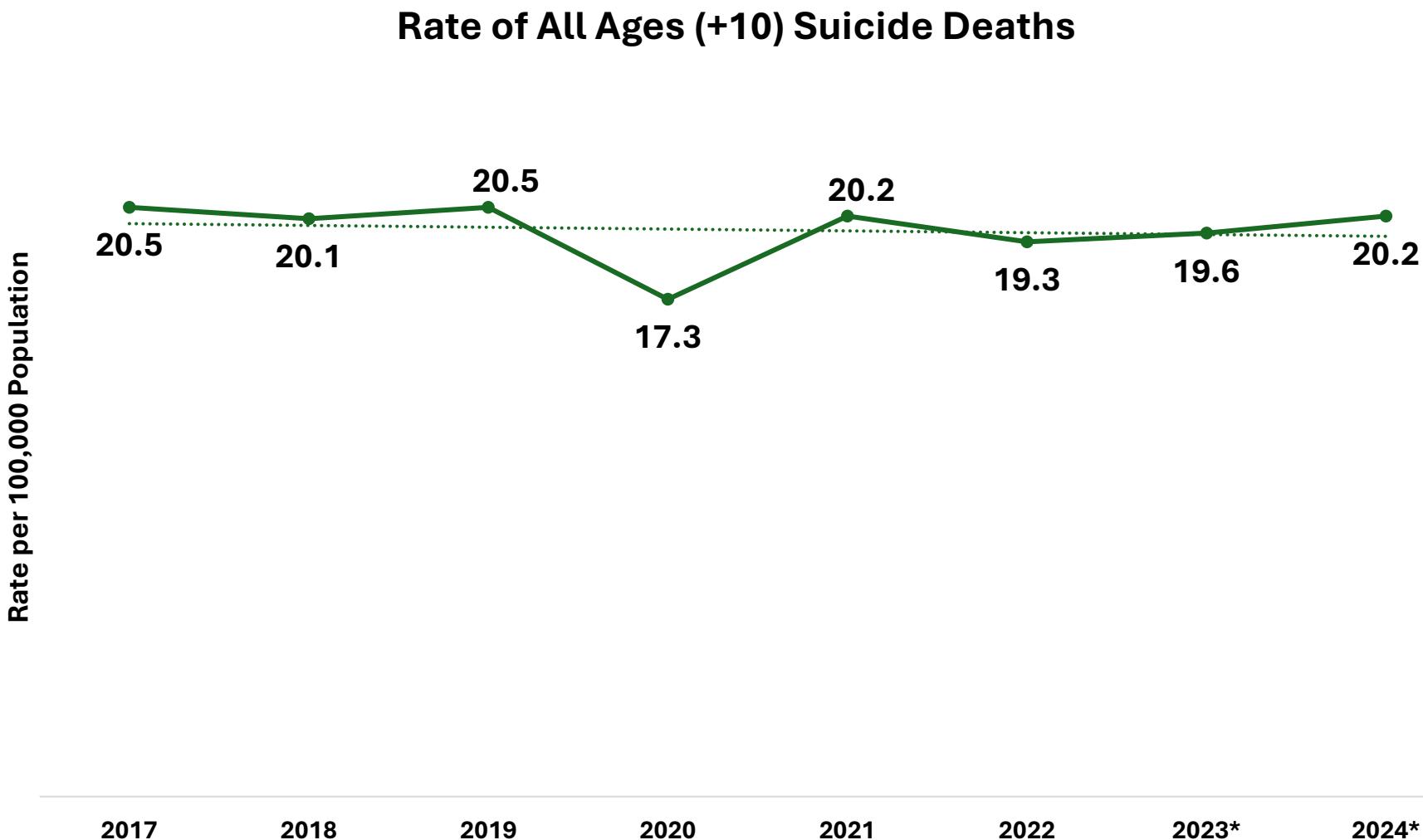


* = Data is provisional

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

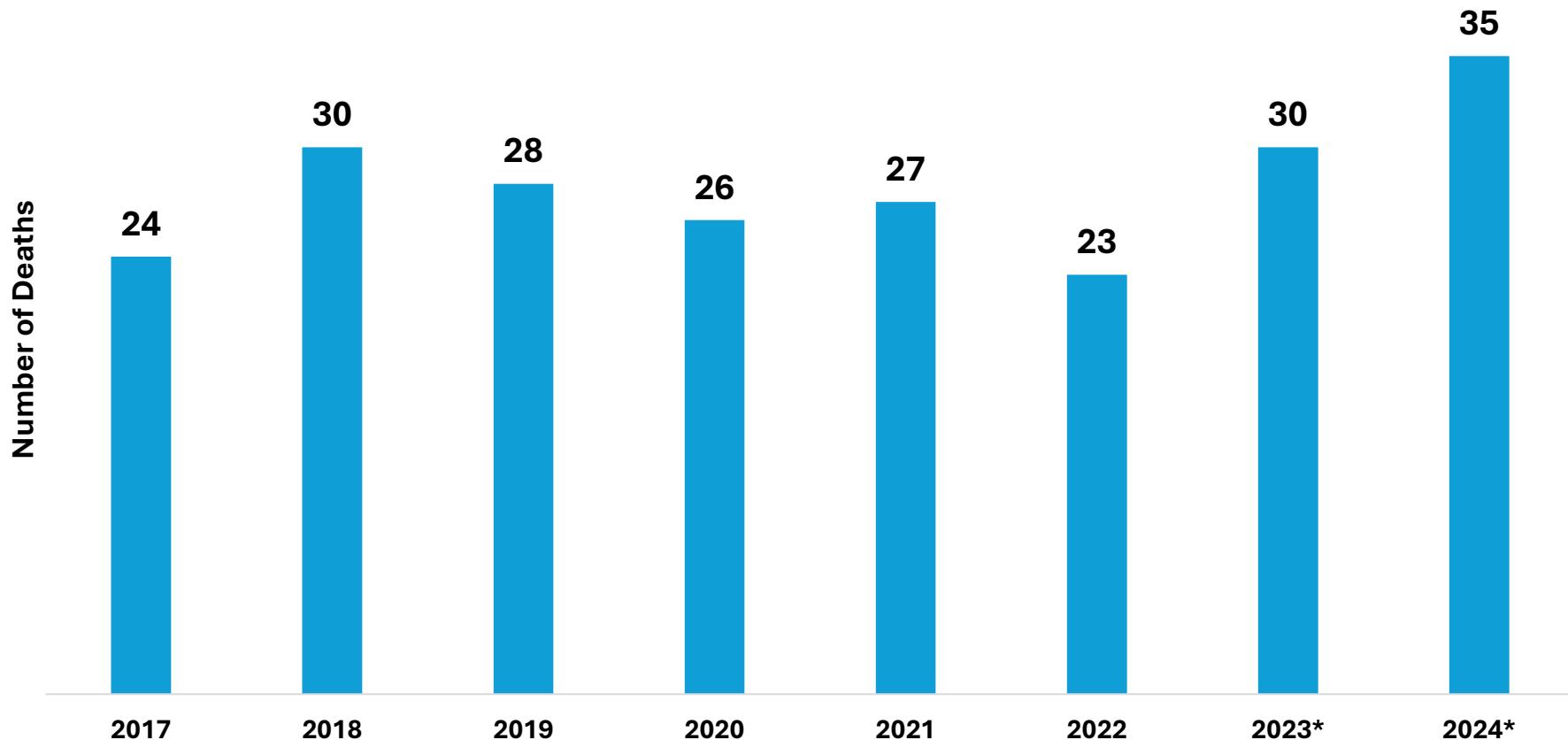
Maine Center for Disease Control and Prevention

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



2024 had the highest number of youth suicide deaths.

Number of Youth (10-24) Suicide Deaths

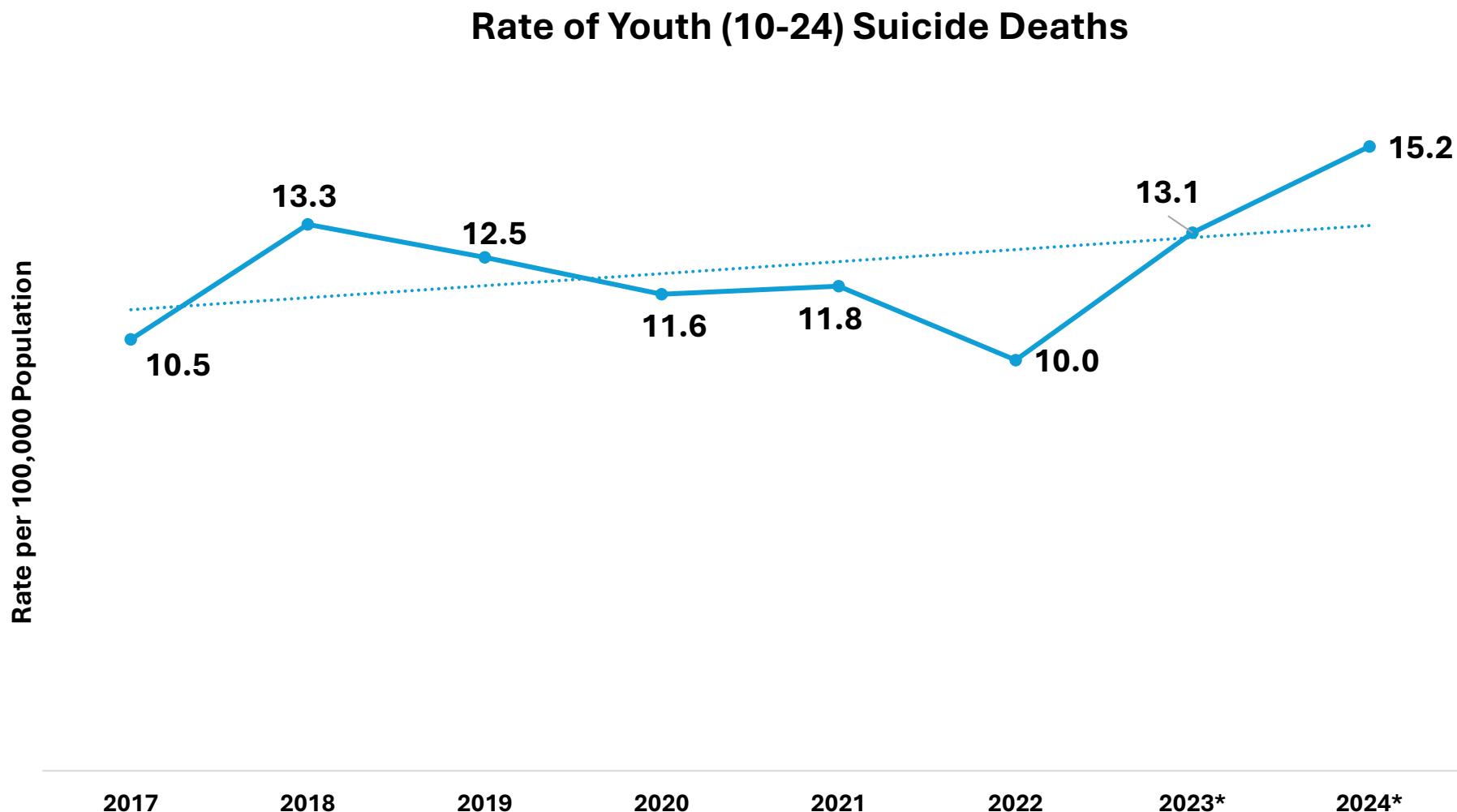


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Maine Center for Disease Control and Prevention

The rate of youth suicide deaths peaked in 2024.



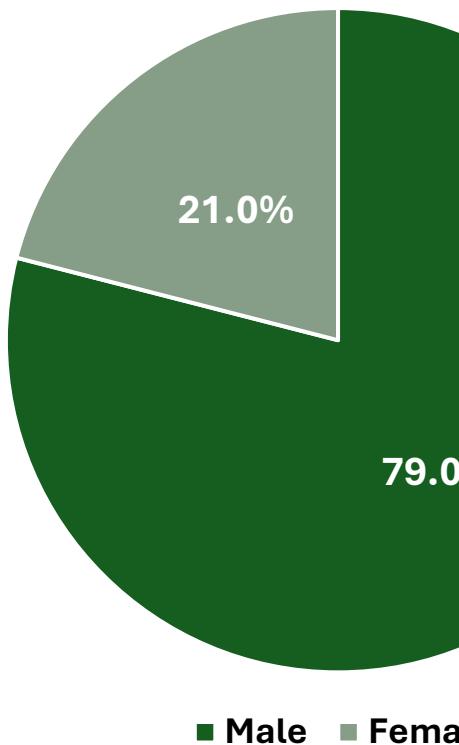
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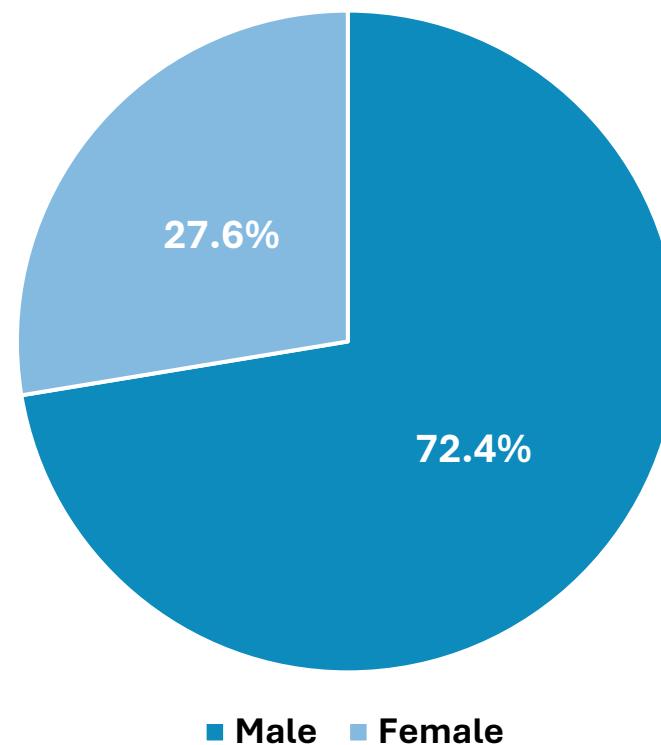
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Males account for the majority of suicide deaths for all ages (10+) and youth (10-24).

**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

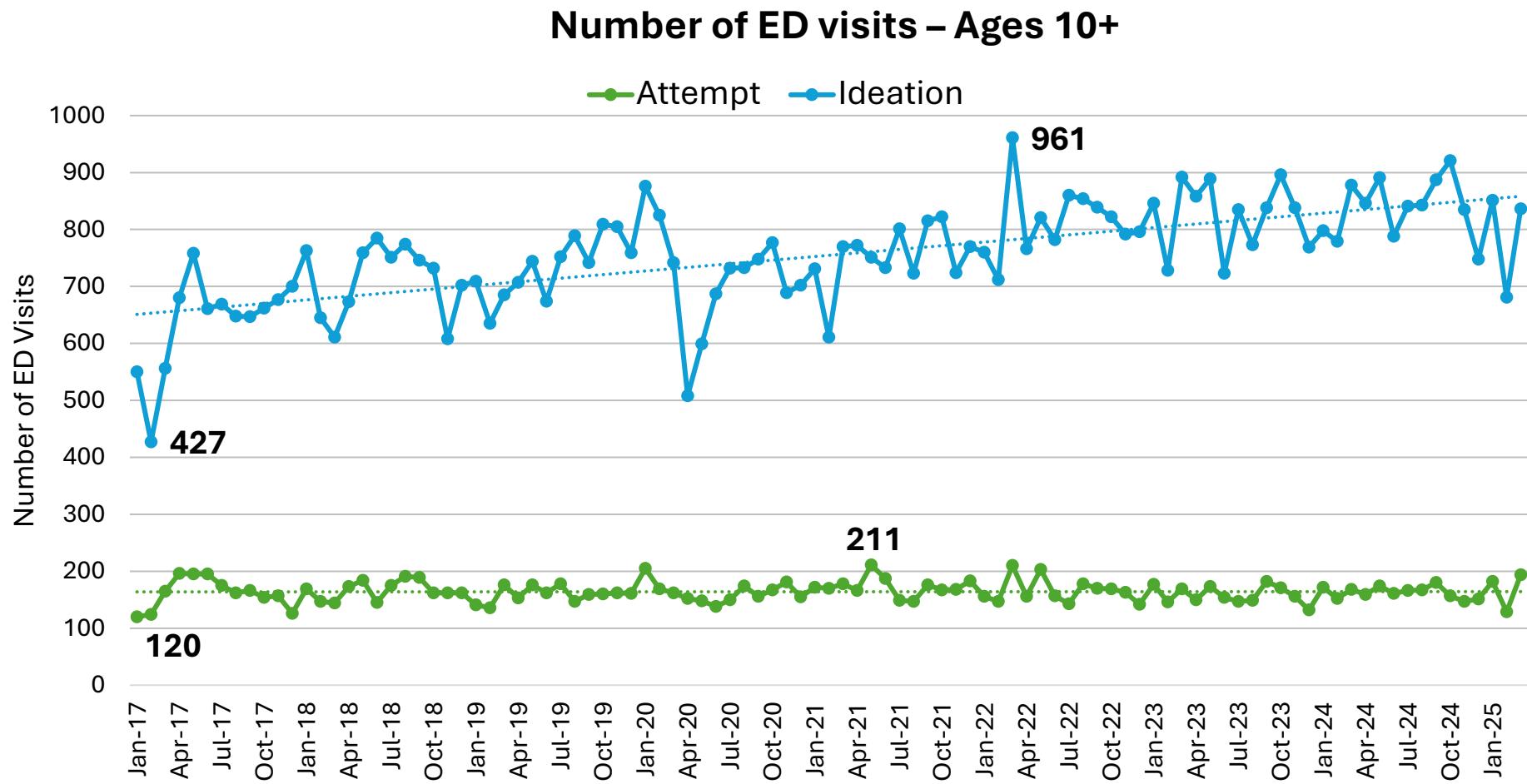


Syndromic Surveillance: Real-time tracking of ED visits where suicidal behavior was a relevant factor from all Maine hospitals

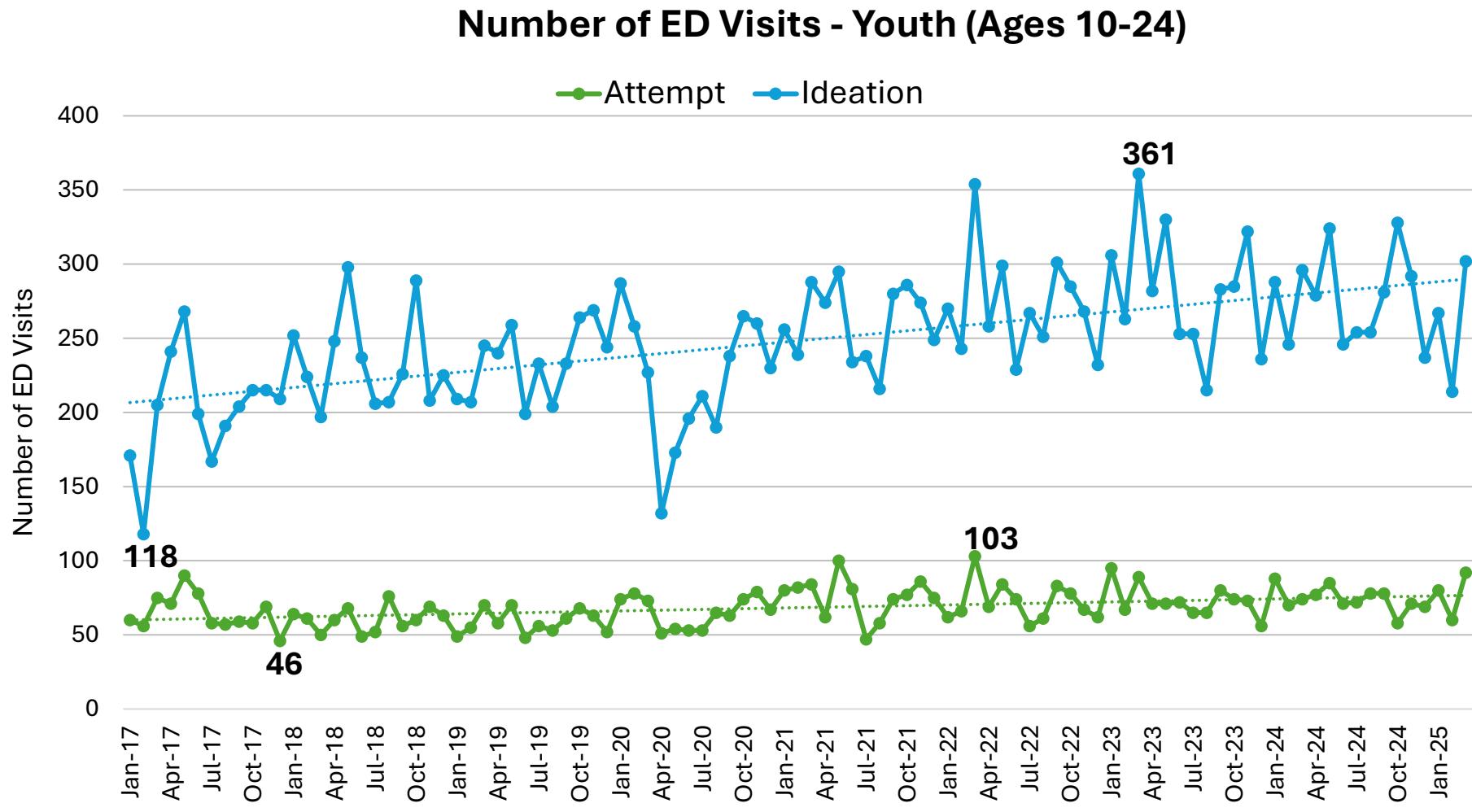


ED visits that involve suicide attempts, suicidal ideation, and intentional overdoses are tracked

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

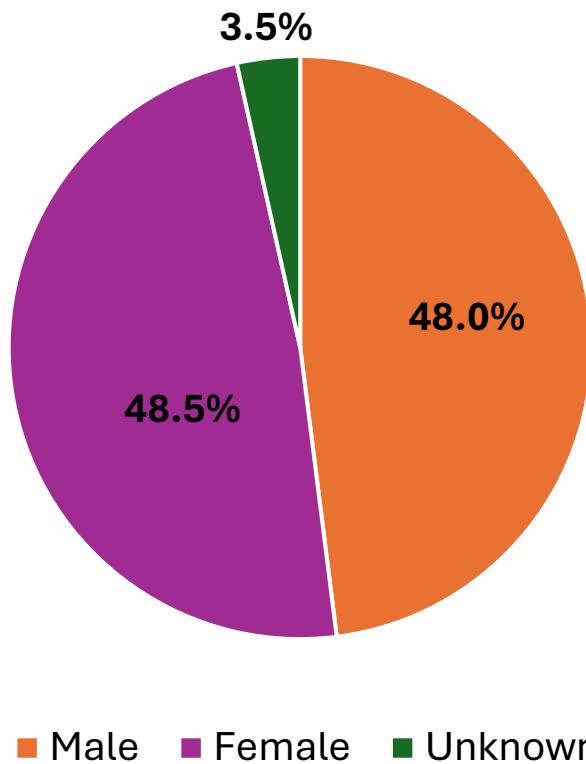


The number of ED visits for suicide attempts among youth has been stable. ED visits for suicide ideation peaked in March 2023.

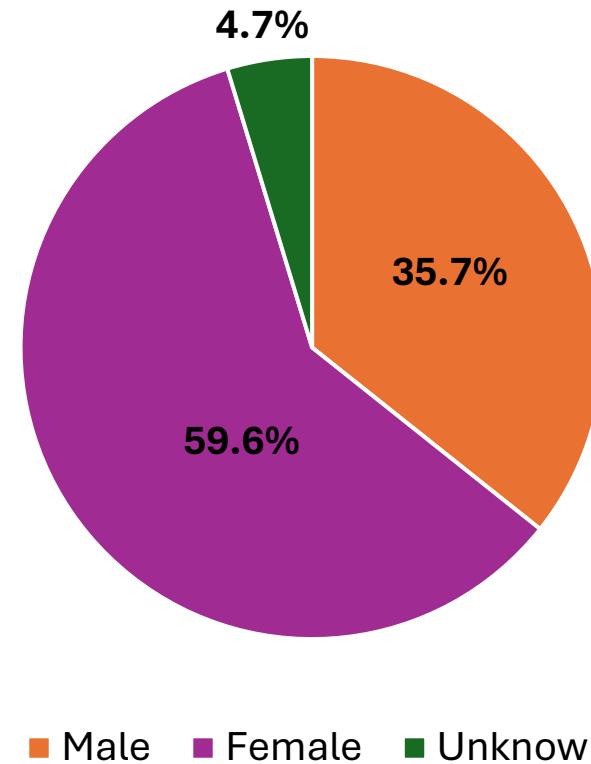


ED visits for ideation are evenly split between men and women; women make up almost 2/3 of visits for suicide attempts.

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

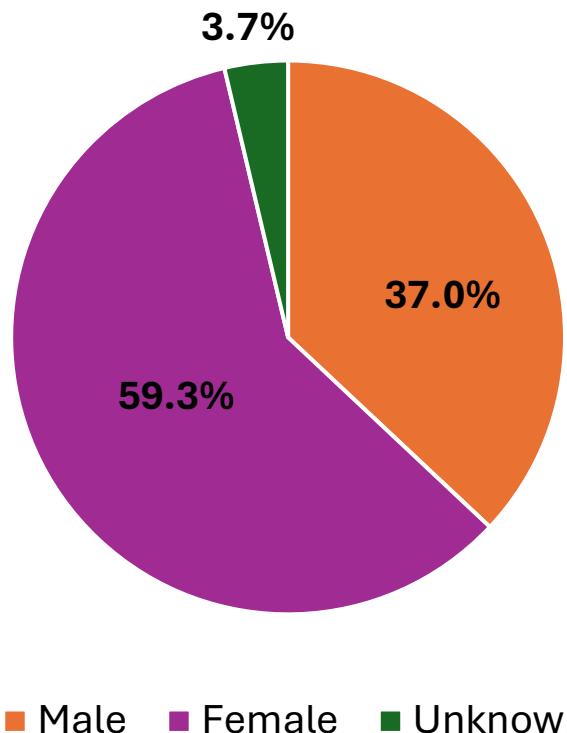


Suicide Attempt ED Visits by Sex (10+), 2020-2025

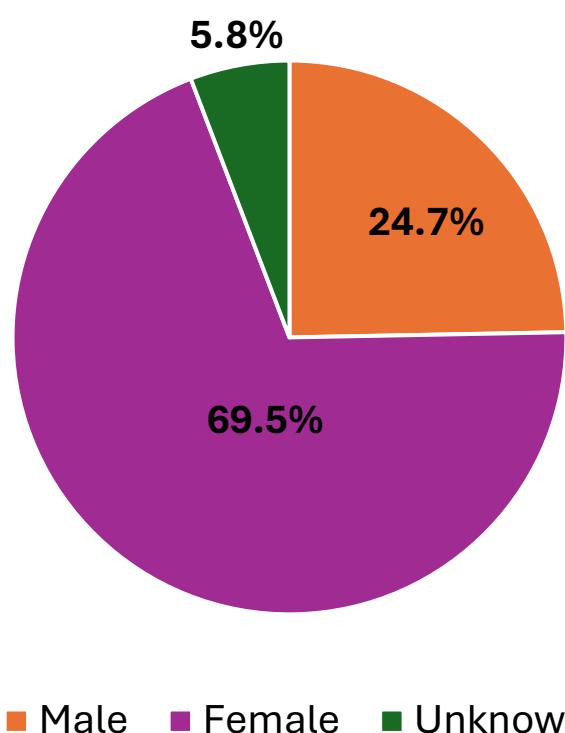


Girls are more likely to visit the ED for suicidality than boys.

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



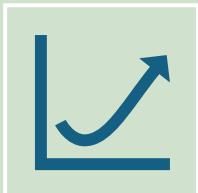
Youth (10-24) Suicide Attempt ED Visits by Sex, 2020-2025



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)

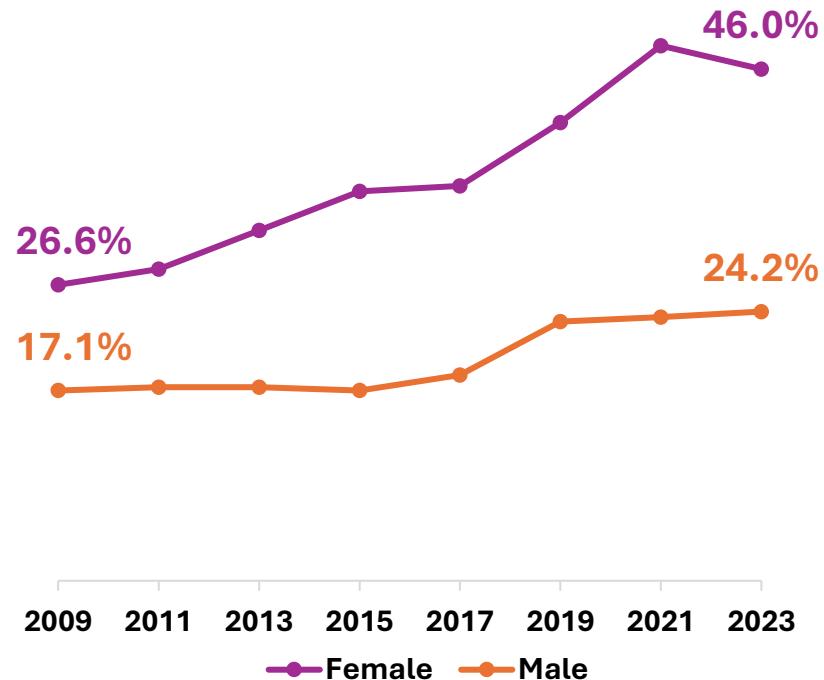
- Parent(s) divorced/died/jailed, violence in the home, lack of love/support, sexual violence



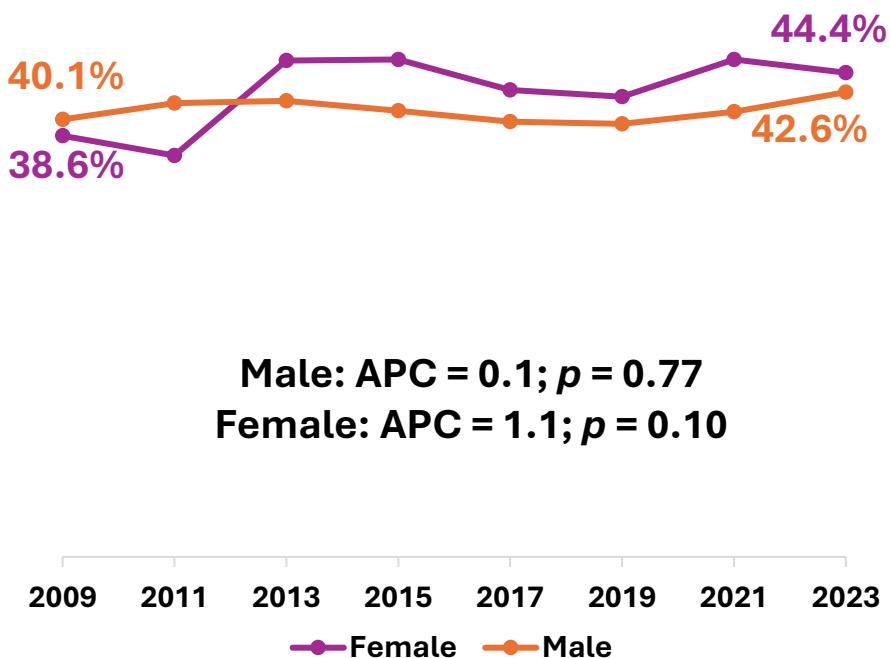
Depression: Felt sad or hopeless almost everyday for 2+ consecutive weeks past 12 months

DEPRESSION

(Prevalence, %)



Prevalence of SUICIDE IDEATION among Maine HS students who experienced depression



Male: APC = 0.1; $p = 0.77$

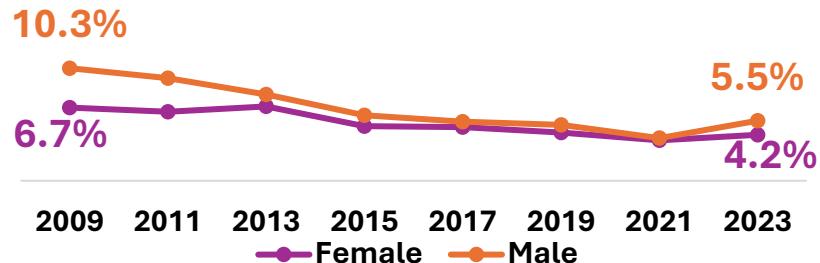
Female: APC = 1.1; $p = 0.10$

Maine Center for Disease Control and Prevention

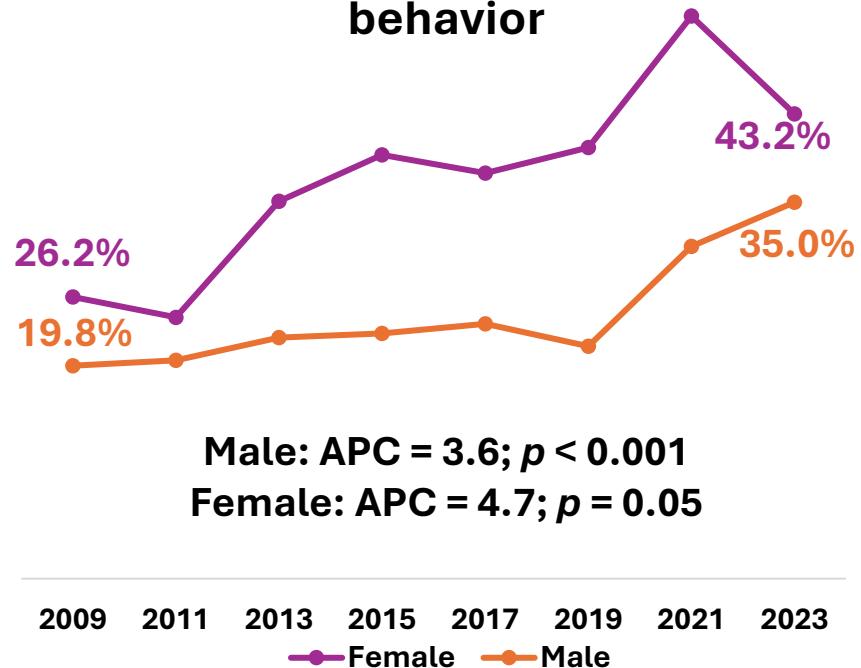


Risky Sexual Behavior: Intercourse before age 13 and/or 4+ more lifetime partners

RISKY SEXUAL BEHAVIOR



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

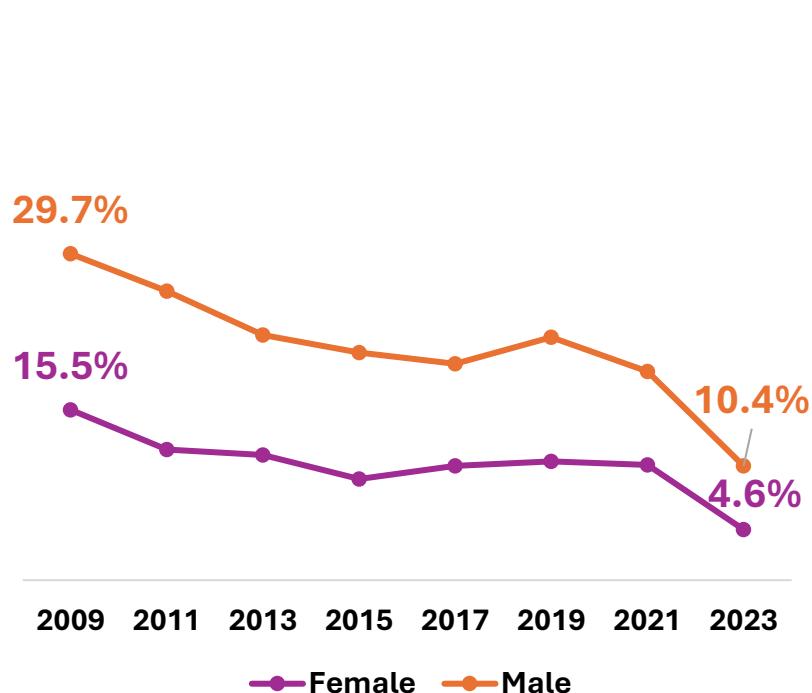


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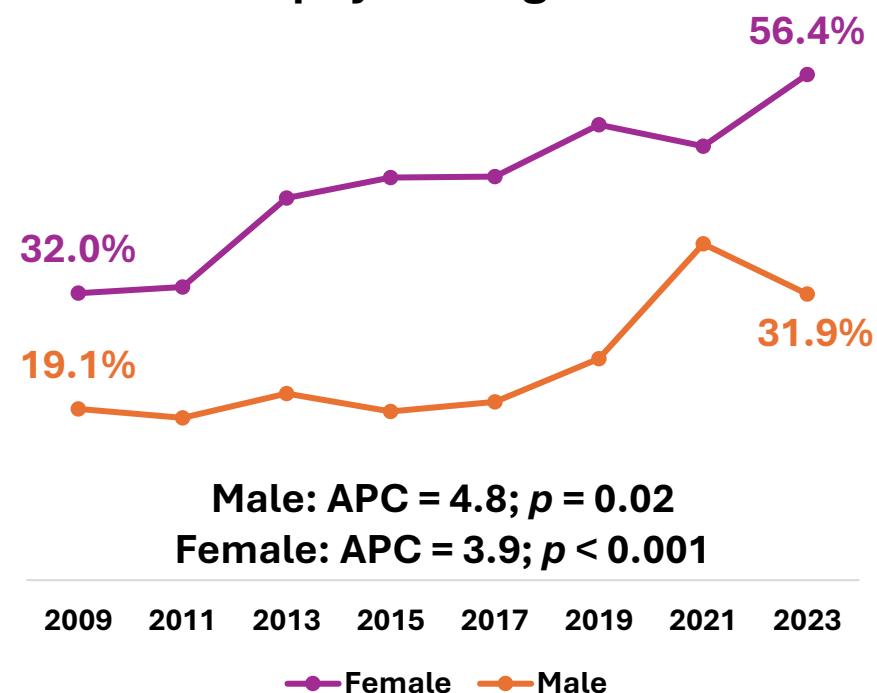


Physical Fight: Physical fight on or off school property in the past 30 days

PHYSICAL FIGHT



SUICIDE IDEATION among Maine HS students who had a physical fight

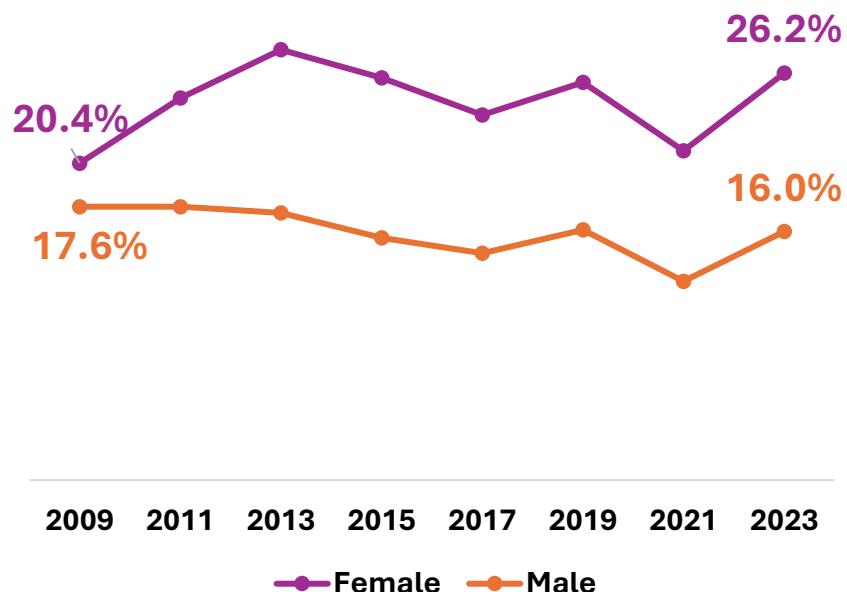


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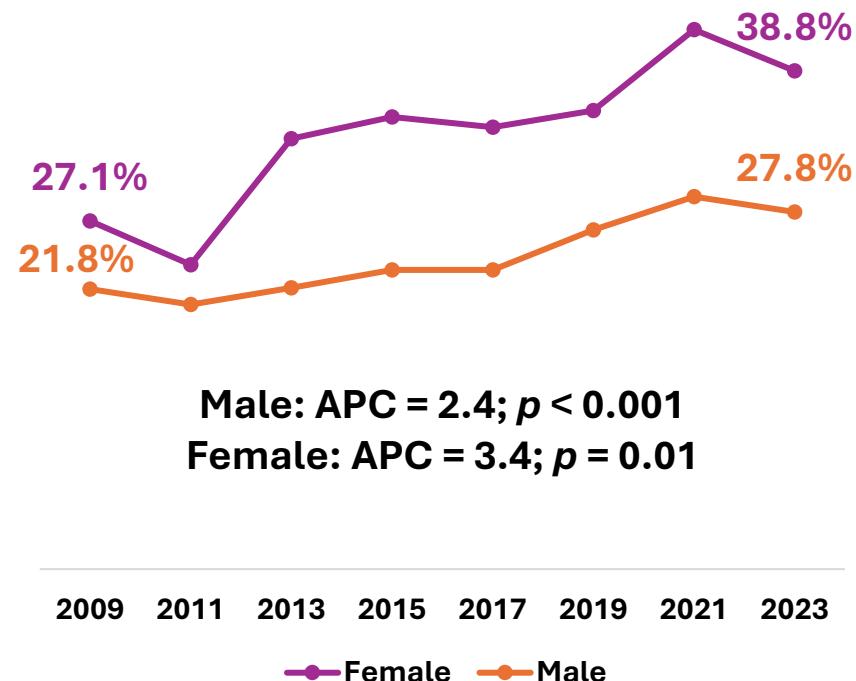


Bullied: Bullied on school property or electronically in the past 12 months

BULLIED



SUICIDE IDEATION among Maine HS students who were bullied



Maine Center for Disease Control and Prevention

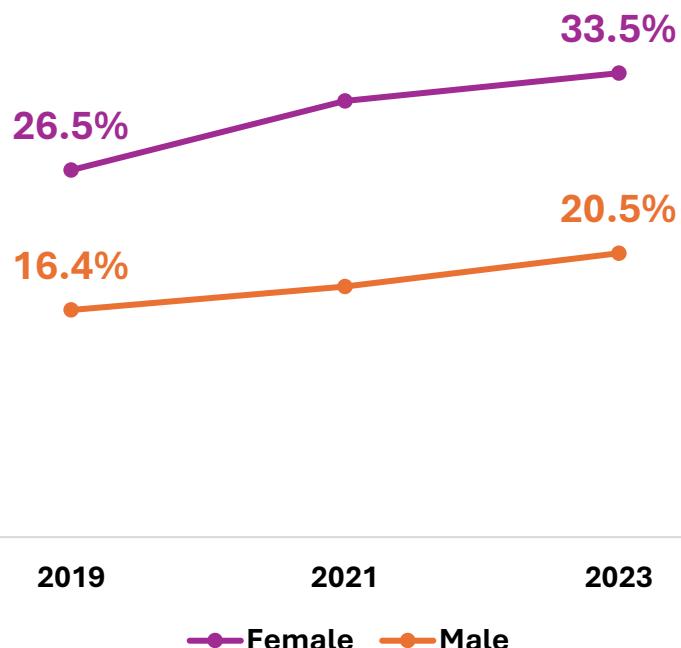
Data Source: Maine Integrated Youth Health Survey.

APC = Annual Percent Change; p -value < 0.05 is considered statistically significant.

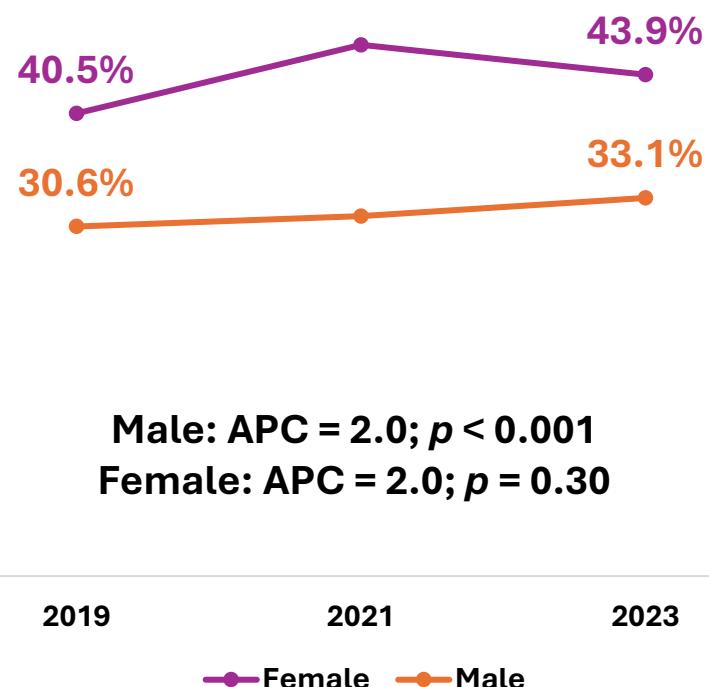


ACEs: Experienced 4+ Adverse Childhood Events

4+ ACES



SUICIDE IDEATION among Maine HS students who had 4+ ACES



Maine Center for Disease Control and Prevention

Data Source: Maine Integrated Youth Health Survey.

APC = Annual Percent Change; p -value < 0.05 is considered statistically significant.

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**



**Considered suicide
past year**

Matter in Community



21%



8%

**Do not feel they
matter in community**



49%



27 %

$p < .0001$

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

24

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**



12 %

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



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**



13 %

**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