

Suicide in Maine

Updated 2026

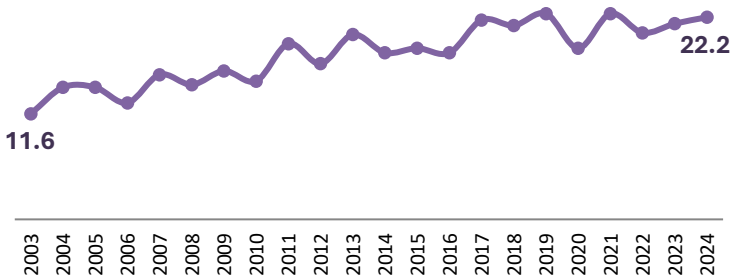


SUICIDE DEATHS

In 2024, 283 people died by suicide in Maine.¹ An average of 267 suicide deaths occur each year.²

Figure 1. The age-adjusted rate (per 100,000) of suicide deaths among Maine residents (ages 10+) has been increasing over the last 20 years.^{3*}

AGE-ADJUSTED SUICIDE DEATH RATE (per 100,000) AMONG MAINE RESIDENTS (Ages 10+)^{3*}



Maine's age-adjusted suicide rate is higher than the U.S. rate (ages 10+):⁴



22.2 vs 16.0
suicides per 100,000



2nd Suicide is the **second** leading cause of death among Maine residents **ages 15-34**.⁴

4th Suicide is the **fourth** leading cause of death among Maine residents **ages 35-54**.⁴

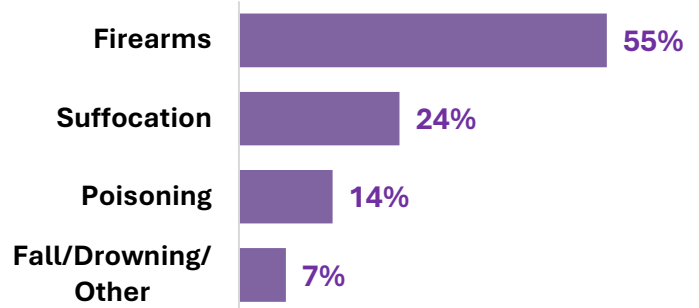
8th Suicide is the **eighth** leading cause of death among **all Mainers (ages 10+)**.⁴

Among Mainers ages 10 and older, there are

6 suicides for every 1 homicide¹

SUICIDE METHODS

Figure 2. Firearms were used in over half (55%) of all suicide deaths in Maine.¹



SUICIDE ATTEMPTS

1,756 Average number of **emergency department (ED) visits** annually due to intentional self-inflicted injuries.^{5†}

70% of all intentional self-inflicted injury related **ED visits** are among Maine residents **ages 10-34**.^{6†}

There are approximately **404 hospitalizations** due to intentional self-inflicted injuries each year.^{5†}

Maine women are more likely to be hospitalized due to intentional self-inflicted injuries than Maine men:^{6†}



39 vs. 26
per 100,000 hospitalizations



47% of all **hospitalizations** related to intentional self-harm were among Maine people **ages 10-34**.^{6†}

Among Maine high school students:

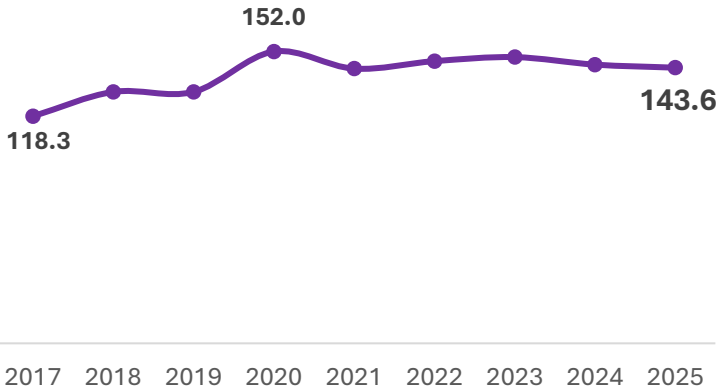
6% attempted suicide in the past year.⁷

Among Maine middle school students:

7% ever attempted suicide.⁷

SUICIDAL THOUGHTS

Figure 3. The rate of suicidal ideation related emergency department visits increased between 2017 and 2020 but has slightly declined since 2020.
(Rate per 10,000 Emergency Department visits)⁸



During 2023-2025, there was an average of 9,900 suicidal ideation related emergency department visits each year among Maine residents.⁸

Among Maine adults (ages 18+):

45,887 have considered suicide in the past year (5%).⁹

Among Maine high school students:

13% seriously considered suicide in the past year.⁷

Among Maine middle school students:

19% ever seriously considered suicide.⁷

Technical Notes: *Age-adjusted rates are adjusted to the year 2000 U.S. population. †Due to changes in methodology used to identify Maine residents and track inpatient hospital admissions from the ED, data from this report should not be compared to data from previous reports.

Data Sources: 1. Maine Data, Research and Vital Statistics (DRVS), 2024; 2. Maine DRVS, 2020-2024; 3. Maine DRVS, 2003-2024; 4. CDC WISQARS, 2024; 5. Maine Health Data Organization (MHDO), 2020-2024; 6. MHDO, 2024; 7. Maine Integrated Youth Health Survey, 2025; 8. National Syndromic Surveillance Program's ESSENCE, 2017-2025; 9. Maine Behavioral Risk Factor Surveillance System, 2024.

The Department of Health and Human Services complies with applicable Federal and State civil rights laws and does not discriminate on the basis of disability, race, color, sex, gender, sexual orientation, age, national origin, religious or political belief, ancestry, familial or marital status, genetic information, association, previous assertion of a claim or right, or whistleblower activity, in admission or access to, or the operation of its policies, programs, services, or activities, or in hiring or employment practices.

DISPARITIES

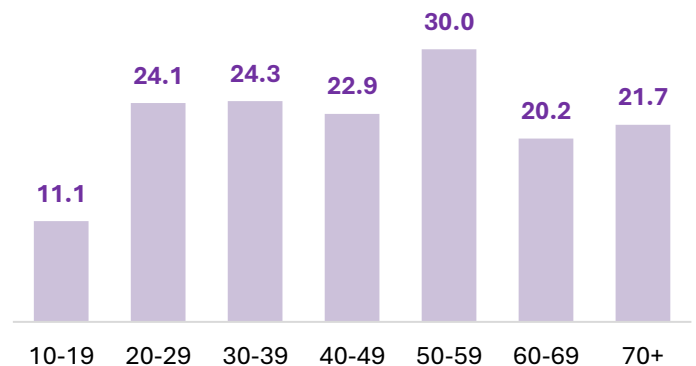
Men die by suicide at more than 3x the rate of women – 78% of all suicide deaths in Maine are among men.¹

Firearms are the most common suicide method among men (**62%**).¹

Poisoning is the most common suicide method among women (**36%**).¹

Figure 4. Maine people ages 50-59 have the highest rates of suicide deaths.¹

SUICIDE DEATH RATES (per 100,000) AMONG MAINE RESIDENTS BY AGE, 2024



Girls are significantly more likely to consider suicide than boys:⁷

High School:  **16% vs 9%** considered suicide in the last year 

Middle School:  **25% vs 12%** have ever considered suicide 



Maine Suicide Prevention Program
www.maine.gov/suicide
988 Maine
Free, confidential, and available 24/7
Call or text 988