

## Conclusions

The decreasing suicide rates in Maine and nationally suggest that suicide prevention efforts have been effective in reducing suicide-related deaths, but the results of this report indicate that suicide in Maine remains a significant problem affecting youth, adults, and the elderly. Each year about 150 people die by suicide and 1,000 people are hospitalized for a self-inflicted injury. Suicide is the second leading cause of death among youth age 15-24. Each year, approximately 1 in 10 adolescents, including almost 1 in every 4 adolescent girls, consider attempting suicide and about 7 percent actually attempt to kill themselves.

The Maine Youth Suicide Prevention Program (MYSPP) is working with the governor, legislature, schools, and communities to increase awareness of suicide and develop, implement, and evaluate intervention strategies to address the problem. MYSPP activities, including education, training, public awareness, guidelines for schools, improved data collection, and programs for at-risk youth have yielded concrete interim results. For more information about Maine's suicide prevention efforts and to read Maine's Suicide Prevention Plan, please visit the MYSPP's website: <http://www.mainesuicideprevention.org>.