

Suicide Facts & Figures:

Maine 2020



On average, one person died by suicide every 32 hours in the state.

More than six times as many people died by suicide in Maine in 2018 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 4,699 years of potential life lost (YPLL) before age 65.



Suicide cost Maine a total of **\$211,089,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,134,885 per suicide death.**



9th leading cause of death in Maine

2nd leading
cause of death for ages 10-34

4th leading
cause of death for ages 35-54

7th leading
cause of death for ages 55-64

15th leading
cause of death for ages 65+

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Maine	270	18.45	19
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from www.cdc.gov/injury/wisqars/fatal.html on 3/1/2020).

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Suicide Prevention Programs and Initiatives

- The Maine Suicide Prevention Program (MSPP, <https://www.maine.gov/suicide>) is a multi-agency, collaborative initiative that aims to increase public awareness and improve youth access to prevention and intervention services; components include a statewide crisis hotline (1-888-568-1112), school-based prevention policies and crisis intervention teams, clinician training, student suicide prevention education, media education, and lethal means education.
- The Maine Suicide Prevention Program Strategic Plan (2012-2017), published by the MSPP and Maine Department of Health and Human Services' Center for Disease Control and Prevention, is available at <https://bit.ly/2EEwc92>.
- Maine law requires that a 1-2-hour in-service training module in suicide prevention awareness be completed by all school personnel and a one-day course in suicide prevention and intervention be completed by at least two school personnel in each school at least once every 5 years (20-A MRSA § 4502, sub-§ 5-B); also requires that school administrative units establish a youth mental health first aid training program for health educators in secondary schools (20-A MRSA § 6671).
- Maine law requires the Department of Health and Human Services to develop a teen suicide prevention strategy and model suicide prevention program to be presented in secondary schools (34-B MRSA § 3007); requires health education for students in grades K-12 to include instruction on the relationship between physical and mental health to enhance understanding of and eliminate stigma associated with mental illness (20-A MRSA §§ 4711-4712 & 4723).
- Maine Department of Education Rule Chapter 38, section IV requires school administrative units to have best-practice-based youth suicide prevention, intervention, and postvention protocols in place by the 2019-2020 school year.

Get Involved

The **AFSP Maine Chapter** brings together people of all backgrounds in communities throughout the state to fight suicide. We help fund research, offer educational programs, advocate for public policy and support those affected by suicide.

For more information or to volunteer, please contact:

AFSP Maine
maine@afsp.org

Become an Advocate

AFSP's Maine advocacy volunteers build relationships with public officials and advocate on behalf of sound suicide prevention policy.

Visit afsp.org/advocate to sign up!