

Mental Health Among Maine High School Students

2015 MIYHS Data

10%

attempted suicide at least once in the past year

18%

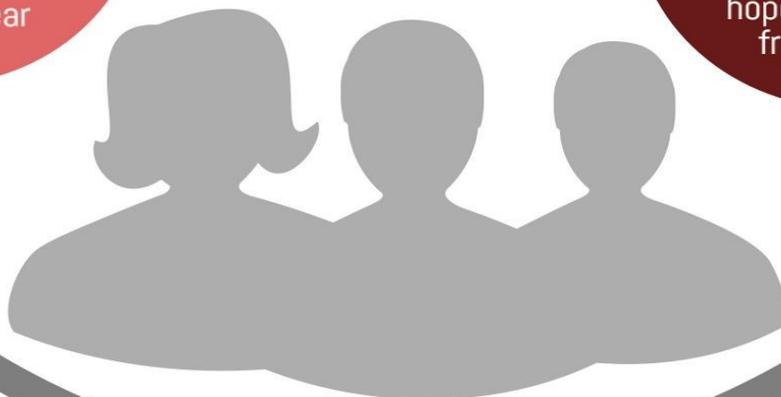
purposely hurt themselves without wanting to die (such as cutting or burning) in the past year

15%

seriously considered attempting suicide in the past year

22%

of students who ever felt sad or hopeless got help from an adult



For information about suicide prevention:

The Maine Suicide Prevention Program : www.maine.gov/suicide/index.htm

The National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org/

The Maine Chapter of the National Alliance on Mental Illness (NAMI Maine): www.namimaine.org/