Suicide Among School Aged Youth in North Carolina Ages 10-18, 2020

There were 67 youth suicide deaths in NC in 2020.

- Youth ages 10-18 accounted for 4.7% of the 1,436 total suicide deaths in 2020.
- Most youth suicide deaths were among males (70.1%).
- The rate of suicide among males ages 10-18 was 2.3 times higher than for females (7.6 and 3.4 per 100,000, respectively).

Youth suicide deaths increased by 103% from 2011 to 2020.

Number of Youth Suicide Deaths in North Carolina, Ages 10-18, 2011 - 2020

Suicide deaths are preventable.

Storing firearms safely, locked and unloaded, can greatly reduce the risk of firearm-related injury and death.

1/3 of youth suicides and unintentional deaths are prevented by securing firearms.

Monuteaux, Azrael, Miller, JAMA Pediatr. 2019

Storing ammunition in a locked location separate from firearms can reduce the risk of firearm injury, especially in households with children.

Suicide rates are highest among non-Hispanic (NH) white and American Indian (AI/AN) youth.

Rates of Suicide Deaths in North Carolina by Race/Ethnicity Ages 10-18, 2011 - 2020

Although most suicides were among urban youth (67%), rates were higher for youth in rural counties.

Rates of Suicide Deaths in North Carolina by Rurality Ages 10-18, 2020

Firearms were the most common method of youth suicide in 2020.

Method of Youth Suicide Deaths in North Carolina Ages 10-18, 2020

- Firearms
- Hanging
- Strangulation
- Suffocation
- Poisoning
- Other*

Source: NC-VDRS, 2011 - 2020; Limited to NC residents ages 10-18

*Other includes falls, drowning, motor vehicle, fire/burns and other causes of suicide.

Source: NC-VDRS, 2020; Limited to NC residents ages 10-18

Rate per 100,000; 10-year data aggregated to provide rates for all groups
Source: NC-VDRS, 2011 - 2020; Limited to NC residents ages 10-18
Circumstances surrounding youth suicide varied by sex.

- More male youth suicide victims experienced a school problem, non-alcohol substance use problem, or criminal legal problem than female youth.
- More female youth had a current mental health problem and a history of suicidal thoughts and attempts.
- Suicide attempts among youth are often impulsive. More youth (53%) experienced a recent or imminent crisis associated with their suicide than other age groups (39%).
- Don't be afraid to have a conversation about mental health or suicide. More than a quarter of youth (29% of males and 25% of females) disclosed their suicidal intent before they died.

Youth suicide deaths are just the tip of the iceberg. For every one youth suicide death in 2020, there were 9 hospitalizations and 47 ED visits for self-harm.

Youth experienced the highest self-harm injury ED visit rate in 2020.

Rates of Self-Harm ED Visits in North Carolina by Age Group, 2020

<table>
<thead>
<tr>
<th>Age</th>
<th>ED Visits</th>
<th>Rate (per 100,000)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-18</td>
<td>259.4</td>
<td>83.4</td>
</tr>
<tr>
<td>19-24</td>
<td>207.8</td>
<td>72.2</td>
</tr>
<tr>
<td>25-44</td>
<td>131.2</td>
<td>42.7</td>
</tr>
<tr>
<td>45-64</td>
<td>72.2</td>
<td>17.8</td>
</tr>
<tr>
<td>65+</td>
<td>23.6</td>
<td>7.9</td>
</tr>
</tbody>
</table>

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

Suicidal behavior is common among youth, but disproportionately impacts gay, lesbian, and bisexual youth.

Reported Suicidal Behavior in the Past 12 Months among NC High School Students, 2019

- Seriously considered suicide
- Made a plan to attempt suicide
- Attempted suicide
- Attempt resulted in injury requiring medical treatment

Factors that can help to protect someone against suicidal ideation or behavior include:

- Effective coping and problem-solving skills
- Strong social and family connections
- Access to quality mental health care
- Support from religious or social communities
- Removing access to means to self-harm

National Alliance on Mental Illness

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National Alliance on Mental Illness

For more information, visit the NC Injury and Violence Prevention Branch’s Suicide Prevention Website: https://injuryfreenc.dph.ncdhhs.gov/preventionResources/Suicide.htm

For more information, visit the NC Division of Child and Family Wellbeing: https://www.ncdhhs.gov/divisions/division-child-and-family-well-being

For more information, visit the National Alliance on Mental Illness: http://www.sprc.org/

For more information, visit the Center for Suicide Prevention and Research: http://www.sprc.org/

For more information, visit the American Foundation for Suicide Prevention: https://afsp.org/

NC Injury Prevention Program
www.ncdhhs.gov

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Updated 7/28/2022