SUICIDE IN NORTH CAROLINA, 2019

The North Carolina Violent Death Reporting System (NC-VDRS) is a CDC-funded statewide surveillance system that collects detailed information on violent deaths that occur in North Carolina including: homicide, suicide, unintentional firearm deaths, legal intervention, and deaths of undetermined intent. NC-VDRS triangulates information from death certificates, medical examiner reports, and law enforcement reports to understand and aid in the prevention of violent deaths. For more information, please visit https://www.injuryfreenc.ncdhhs.gov/About/ncVDRS.htm.

**Sex-Specific Suicide Rates by Age: NC-VDRS, 2019**

- **Rate** per 100,000 NC population

- Eighty-three percent (83.1%) of all suicide victims were identified as non-Hispanic (NH) white residents.
- NH white males had higher suicide rates than other racial/ethnic groups in North Carolina (26.1 per 100,000).

**Method of Death**: NC-VDRS, 2019

- After firearms (57.3%), hanging (24.7%) and poisoning (13.4%) were the second and third leading causes of suicide, respectively.
- Five percent (4.6%) of suicides were completed using a method other than firearms, hanging or poisoning.

*Other includes falls, motor vehicle, sharp instrument, drawing, fire/burns, unknown and other causes of suicide.
Suicide Circumstances*: NC-VDRS, 2019

- Of suicide victims with circumstance information, 36.6% of males and 35.9% of females were characterized as being currently depressed when they completed suicide.

- Seventy-two percent (71.8%) of females and 44.4% of males were characterized as having a current mental health problem.

- Sixty-one percent (61.2%) of females and 35.7% of males were currently being treated for a mental health problem at the time of suicide.

- Approximately 29.3% of all suicide victims had disclosed their suicidal intention to someone else.

- Females (28.5%) were more likely to have a history of prior suicide attempts than males (14.6%).

*Among those with reported circumstance information. 97.1% of cases had circumstance information. Thirty males and ten females were missing circumstance information.

More information on suicide prevention efforts can be found at:

**State Resource Partners**
- N.C. Division of Mental Health, Developmental Disabilities and Substance Abuse Services
  - https://www.ncdhhs.gov/divisions/mhddsas
- North Carolina Office of the Chief Medical Examiner
  - https://www.ocme.dhhs.nc.gov/
- N.C. Injury and Violence Prevention’s Youth Suicide Prevention Website
  - https://www.itsok2ask.com/

**National Resources**
- The Suicide Prevention Resource Center
  - http://www.sprc.org/
- The American Foundation for Suicide Prevention
  - https://afsp.org/
- The National Suicide Prevention Lifeline (for suicide crisis calls)
  - 1-800-273-8255

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N.C. Division of Public Health / www.publichealth.nc.gov / Injury Epidemiology & Surveillance Unit / 919-707-5425
N.C. Violent Death Reporting System / 919-707-5432
State of North Carolina / Department of Health and Human Services / www.ncdhhs.gov
N.C. DHHS is an equal opportunity employer and provider.

2019 FINAL DATA 8/16/2021

Please see the NC-VDRS 2018 Annual Report for additional data and technical information:
https://www.injuryfreenc.ncdhhs.gov/DataSurveillance/ViolentDeathData.htm