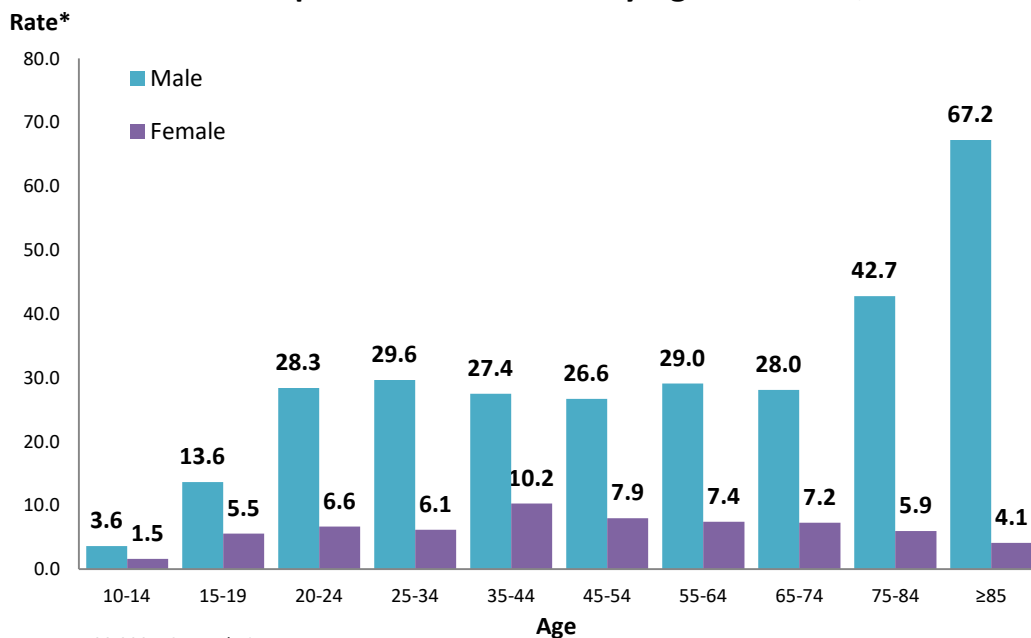# SUICIDE IN NORTH CAROLINA, 2022

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, 2022

Rate* per 100,000 NC population. Bar chart comparing Male and Female suicide rates by age group:
- 10-14: Male 3.6, Female 1.5
- 15-19: Male 13.6, Female 5.5
- 20-24: Male 28.3, Female 6.6
- 25-34: Male 29.6, Female 6.1
- 35-44: Male 27.4, Female 10.2
- 45-54: Male 26.6, Female 7.9
- 55-64: Male 29.0, Female 7.4
- 65-74: Male 28.0, Female 7.2
- 75-84: Male 42.7, Female 5.9
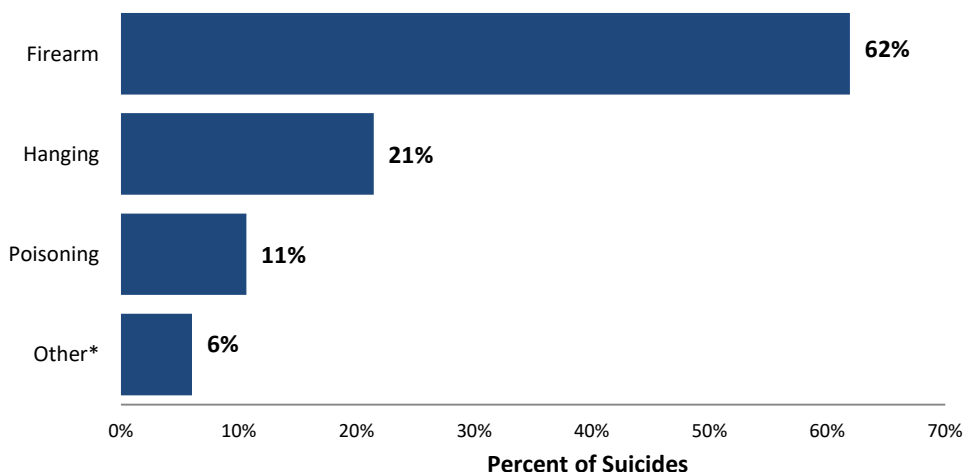- ≥85: Male 67.2, Female 4.1

* Rate per 100,000 NC population

• Of the 2,610 violent deaths in North Carolina in 2022, 1,562 were suicides (59.8%).

• Males consistently had a higher suicide rate than females, regardless of age. The suicide rate peaked for men ages 85 years and older at a rate of 67.2 per 100,000.

• Among females, the suicide rate peaked for ages 35-44 at 10.2 per 100,000 and steadily declined thereafter.

• Seventy-eight percent (78.4%) of all suicide victims were identified as non-Hispanic (NH) White residents.

• NH American Indian males had higher suicide rates than other racial/ethnic groups in North Carolina (36.0 per 100,000).
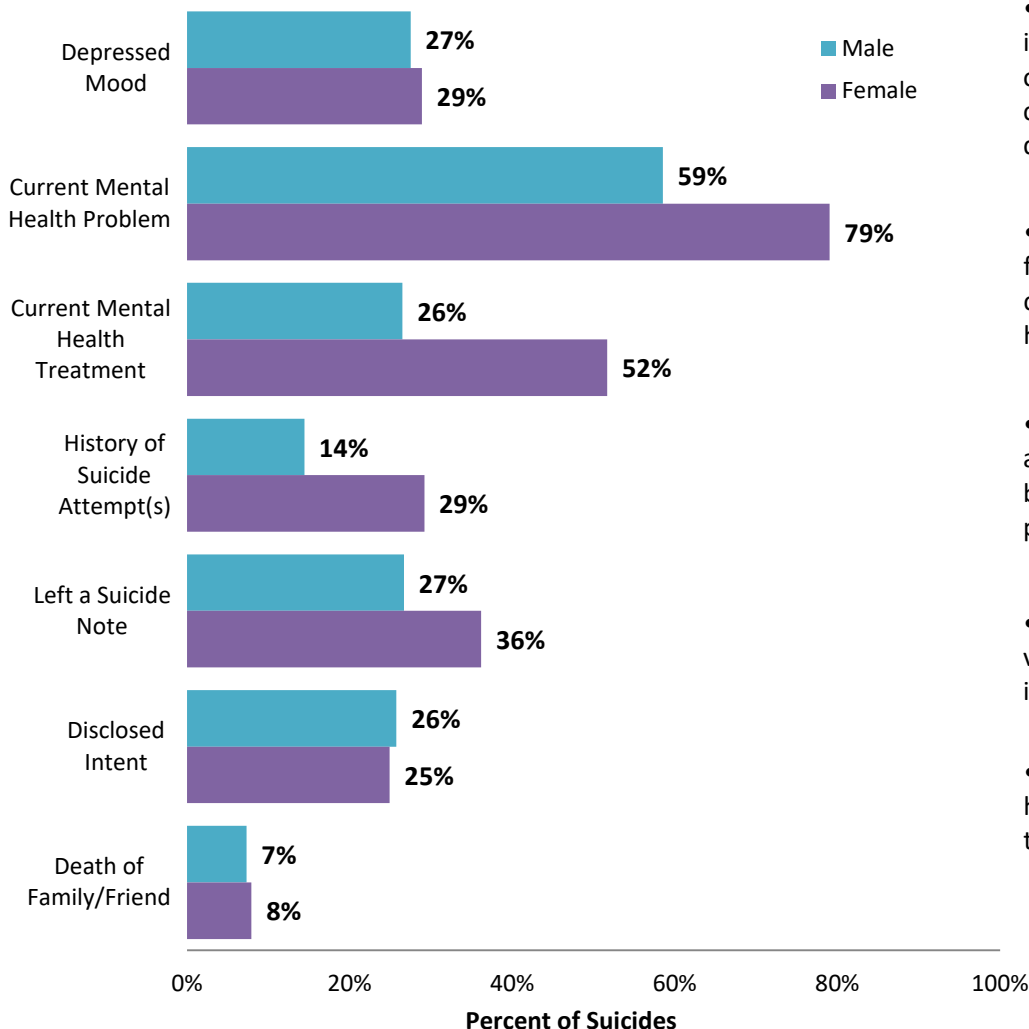
Method of Death*: NC-VDRS, 2022

Horizontal bar chart of Percent of Suicides by method:
- Firearm: 62%
- Hanging: 21%
- Poisoning: 11%
- Other*: 6%

*Other includes falls, motor vehicle, sharp instrument, drawing, fire/burns, unknown and other causes of suicide.

• After firearms (61.9%), hanging (21.4%) and poisoning (10.6%) were the second and third leading causes of suicide, respectively.

• Six percent (6.0%) of suicides were completed using a method other than firearms, hanging or poisoning.

If you or someone you know needs support now,

988 SUICIDE & CRISIS LIFELINE

call or text **988** or chat **988lifeline.org**

Suicide Circumstances*: NC-VDRS, 2022

Legend: ■ Male (teal) ■ Female (purple)

Circumstance	Male	Female
Depressed Mood	27%	29%
Current Mental Health Problem	59%	79%
Current Mental Health Treatment	26%	52%
History of Suicide Attempt(s)	14%	29%
Left a Suicide Note	27%	36%
Disclosed Intent	26%	25%
Death of Family/Friend	7%	8%

X-axis: Percent of Suicides (0% to 100%)

• Of suicide victims with circumstance information, 27.5% of males and 28.9% of females were characterized as being currently depressed at the time of death.

• Seventy-nine percent (79.0%) of females and 58.5% of males were characterized as having a current mental health problem.

• Fifty-two percent (51.7%) of females and 26.5% of males were currently being treated for a mental health problem at the time of suicide.

• Approximately 25.6% of all suicide victims had disclosed their suicidal intention to someone else.

• Females (29.2%) were more likely to have a history of prior suicide attempts than males (14.4%).

*Among those with reported circumstance information. 97.4% of cases had circumstance information. Thirty-four males and six females were missing circumstance information.

More information on suicide prevention efforts can be found at:

State Resource Partners
Division of Mental Health,
Developmental Disabilities and Substance Use Services
https://www.ncdhhs.gov/divisions/mhddsus

Office of the Chief Medical Examiner
https://www.ocme.dhhs.nc.gov/

Injury and Violence Prevention Branch Suicide Prevention Website
https://injuryfreenc.dph.ncdhhs.gov/preventionResources/Suicide.htm

Division of Child and Family Well-being
https://www.ncdhhs.gov/divisions/division-child-and-family-well-being

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
call or text 988
or chat 988lifeline.org

NC DEPARTMENT OF **HEALTH AND HUMAN SERVICES**
Division of Public Health
Injury and Violence Prevention Branch

NORTH CAROLINA VIOLENT DEATH
NC VDRS
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