

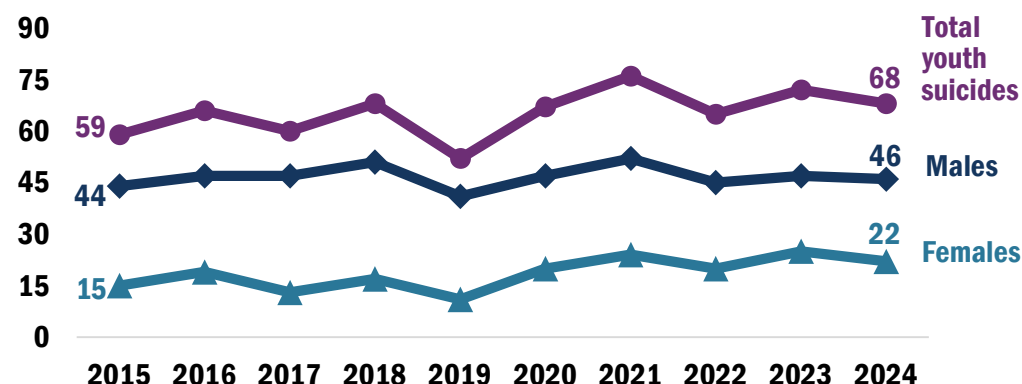
Suicide Among School Aged Youth in North Carolina Ages 10-18, 2024

68 youth suicide deaths in NC in 2024.

- Youth ages 10-18 accounted for 4.3% of the 1,589 total suicide deaths in 2024.
- Most youth suicide deaths were among males (67.6%).
- The rate of suicide among males ages 10-18 was 2.0 times the rate for females (7.2 and 3.6 per 100,000, respectively).

Youth suicide deaths increased by 15% from 2015 to 2024.

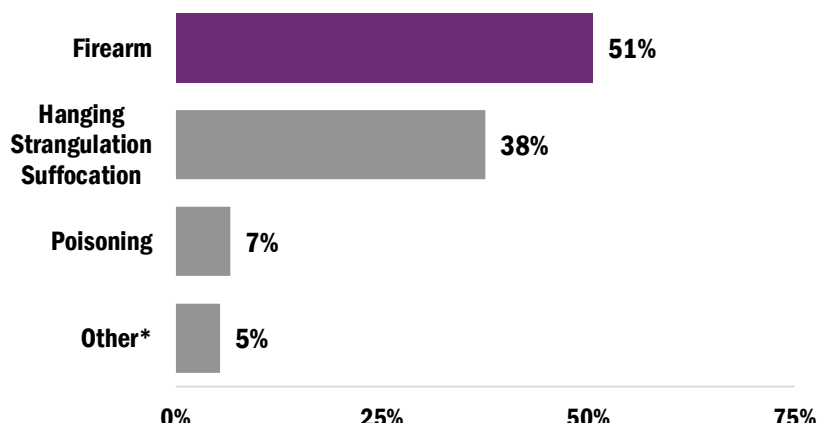
Number of Youth Suicide Deaths in North Carolina, Ages 10-18, 2015 - 2024



Source: North Carolina Violent Death Reporting System (NC-VDRS), 2015 - 2024
Limited to NC residents ages 10-18

Firearms were the most common method of youth suicide.

Method of Youth Suicide Deaths in North Carolina
Ages 10-18, 2015 - 2024



Source: NC-VDRS, 2015 - 2024; Limited to NC residents ages 10-18
*Other includes falls, drowning, motor vehicle, fire/burns and other causes of suicide.

Suicide deaths are preventable.

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



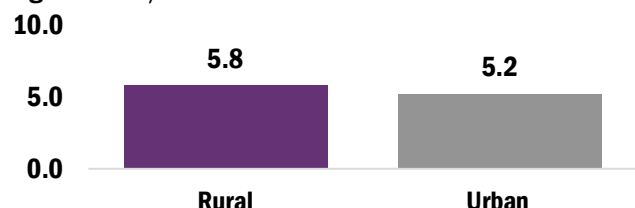
1/3 of youth suicides and unintentional deaths are prevented by securing firearms.
Monuteaux, Azrael, Miller, JAMA Pediatr. 2019



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

Although most suicides were among urban youth (71%), rates were higher for youth in rural counties.

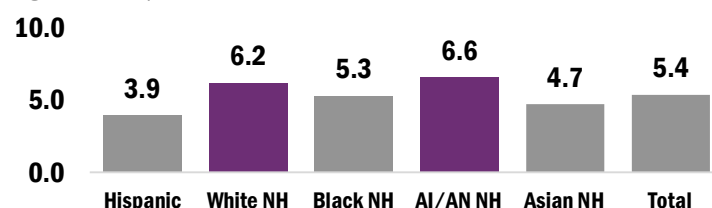
Rates of Suicide Deaths in North Carolina by Rurality
Ages 10-18, 2015 - 2024



Rate per 100,000; rurality classified based on county of residence
Source: NC-VDRS, 2015 - 2024; Limited to NC residents ages 10-18

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

Rates of Suicide Deaths in North Carolina by Race/Ethnicity
Ages 10-18, 2015 - 2024



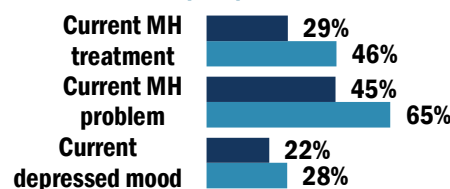
Rate per 100,000; 10-year data aggregated to provide rates for all groups
Source: NC-VDRS, 2015 - 2024; Limited to NC residents ages 10-18

Circumstances surrounding youth suicide varied by sex.

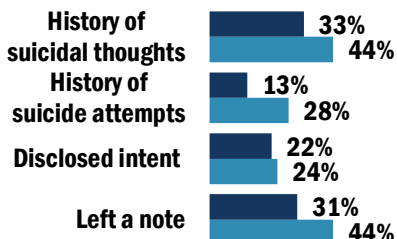
- More male youth suicide victims experienced a school problem, non-alcohol substance use problem, or criminal legal problem than female youth.
- More female youth had a current mental health problem and a history of suicidal thoughts and attempts.
- Suicide attempts among youth are often impulsive. More youth (47%) experienced a recent or imminent crisis associated with their suicide than other age groups (42%).
- Don't be afraid to have a conversation about mental health or suicide. More than one fifth of youth (22% of males and 24% of females) disclosed their suicidal intent before they died.

Precipitating Circumstances of Youth Suicide by Sex, 2015 - 2024

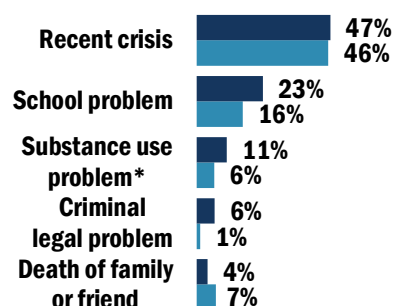
Mental Health (MH)



Suicide Event



Life Stressors



Interpersonal

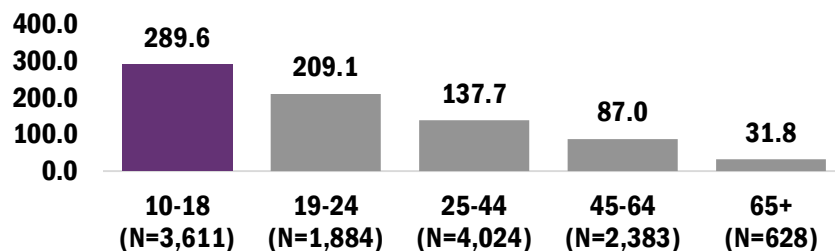


Source: NCVDRS, 2015 - 2024; *Non-alcohol substance use problem; Circumstances were known for 95% of males (n=442) and 96% of females (n=179)

Youth suicide deaths are just the tip of the iceberg. For every one youth suicide death in 2024, there were 9 hospitalizations and 53 ED visits for self-harm.

Youth experienced the highest self-harm injury Emergency Department (ED) visit rate in 2024.

Rates of Self-Harm ED Visits in North Carolina by Age Group, 2024



Rates per 100,000; Limited to NC residents ages 10 and older; Source: NC DETECT, ED Visits, 2024

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 of self-harm

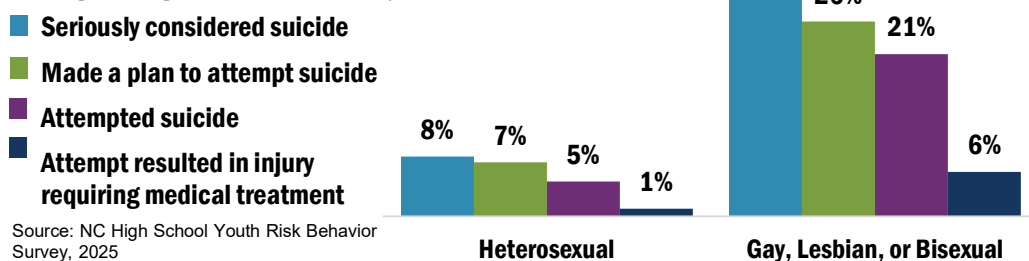
National Alliance on Mental Illness

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, 2025



Source: NC High School Youth Risk Behavior Survey, 2025

Injury and Violence Prevention Branch Resources Suicide Prevention Resources

National Resources

[The Suicide Prevention Resource Center](#)

[The American Foundation for Suicide Prevention](#)

State Resources & Partners

[Office of the Chief Medical Examiner](#)

[Division of Child and Family Well-being](#)

[Division of Mental Health, Developmental Disabilities and Substance Use Services](#)



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

Division of Public Health
Injury and Violence Prevention Branch