

Self-Inflicted Injury and Death in North Carolina, 2024

4 people a day die from suicide in NC.

There were **1,589 suicide-related deaths** among North Carolina (NC) residents in 2024.

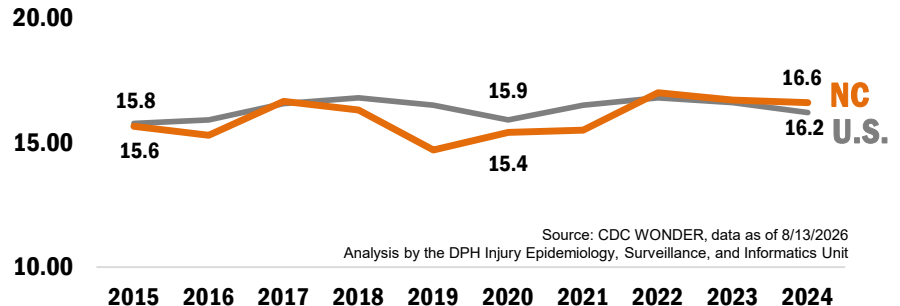
The number of suicide deaths in NC has increased by 16% over the past 10 years, **with a 17% increase since 2019** (1,358 deaths in 2019 to 1,589 deaths in 2024).

Source: NC Violent Death Reporting System (NC-VDRS), 2015-2024
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

The rate of suicide death is similar in NC to the U.S. average.

NC has experienced an increase in suicide death rates since 2019.

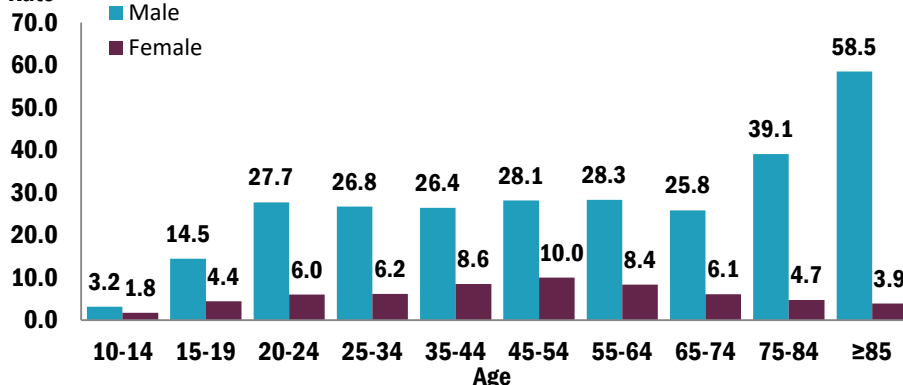
Rate per 100,000



Over half (61%) of NC violent deaths in 2024 were suicides, and a third (32%) were homicides.

Sex-Specific Suicide Rates by Age, NC-VDRS 2015-2024

Rate*



- **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 58.5 per 100,000.

- **Among females**, the suicide rate peaked for ages 45-54 at a rate of 10.0 per 100,000 and steadily declined thereafter.

- The rate of suicide death was 3.7 times higher for males than females (25.4 and 6.8 per 100,000 respectively).

*Rate per 100,000 NC residents; suicides limited to residents ages 10 and older.
Source: NC Violent Death Reporting System (NC-VDRS), 2015-2024
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

- Non-Hispanic (NH) White residents had the highest proportion of **suicides** out of all violent deaths (80.6%), followed by NH Asian and Hispanic residents (75.4% and 50.5% respectively).

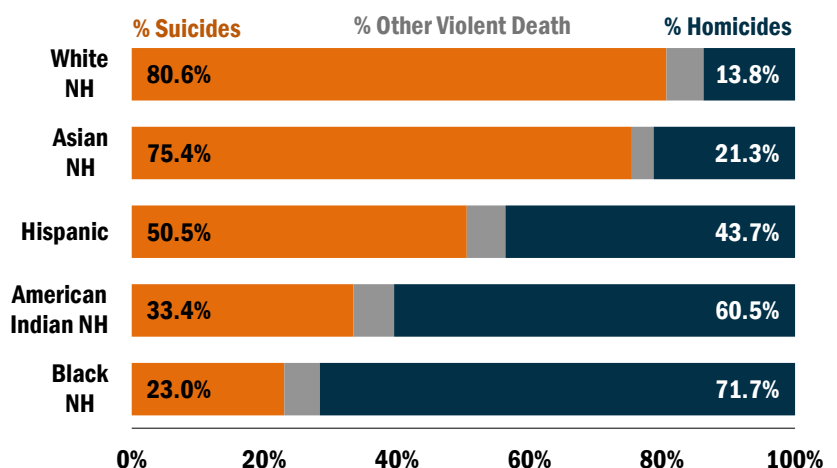
- In contrast, NH Black residents had the highest proportion of **homicide deaths** (71.7%), followed by NH American Indian residents (60.5%).

- By race/ethnicity, rates of all **suicide deaths** were highest among NH White residents (20.4 deaths per 100,000) followed by NH American Indian and NH Asian residents (14.3 and 8.4 deaths per 100,000 respectively).

The manner of violent death differs by race/ethnicity.

Most violent deaths among NH White, NH Asian, and Hispanic residents were **suicides**, whereas most violent deaths among NH Black and NH American Indian residents were **homicides**.

Proportion of Male and Female Suicides by Race/Ethnicity: NC-VDRS, 2014-2023



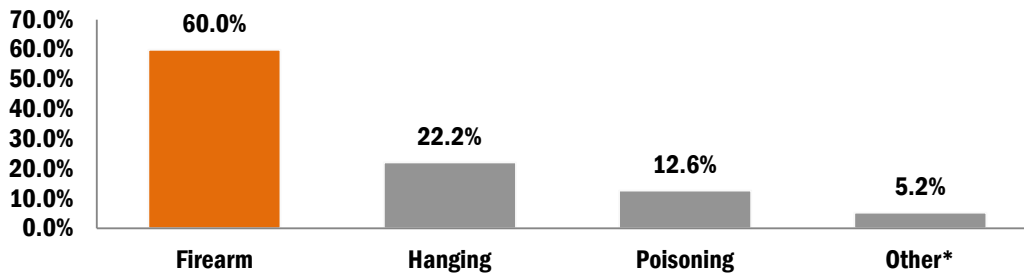
Limited to NC residents; suicides limited to residents ages 10 and older.
Source: NC Violent Death Reporting System (NC-VDRS), 2015-2024
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

Get Help Now: Suicide Prevention

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

After **firearms (60.0%)**, hanging (22.2%) and poisoning (12.6%) were the second and third leading causes of suicide, respectively.

Method of Suicide Death: NC-VDRS 2015-2024



Limited to NC residents; suicides limited to residents ages 10 and older.
Source: NC Violent Death Reporting System (NC-VDRS), 2015-2024
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

Approximately five percent (5.2%) of suicides were completed using a method other than firearms, hanging, or poisoning, which includes falls (1.3%), motor vehicle (0.7%), sharp instrument (1.7%), drowning (0.6%), fire/burns (0.4%), unknown and other causes of suicide.

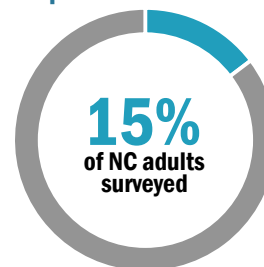
Suicide Death Circumstances

- 31%** About 31% of NC residents who died by suicide were characterized as **currently depressed**.
- 56%** Roughly 56% of NC residents who died by suicide had a **current mental health problem**.
- 26%** Nearly 26% of NC residents who died by suicide **disclosed their suicidal intention** to someone else.
- 42%** Almost 42% of NC residents who died by suicide **experienced a recent crisis**.

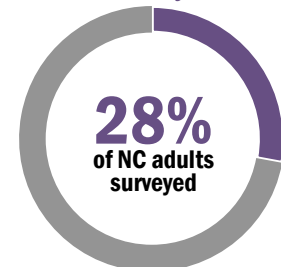
Limited to NC residents; suicides limited to residents ages 10 and older.
Source: NC Violent Death Reporting System (NC-VDRS), 2015-2024
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

More than 1/7 of NC adults experienced **frequent mental distress** and more than 1/4 of NC adults reported feeling **lonely**.

Experienced Frequent Mental Distress



Felt Lonely



* Frequent Mental Distress = 14 or more days of poor mental health in the past month
Limited to NC Residents
Source: NC BRFSS Core Module, 2024
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

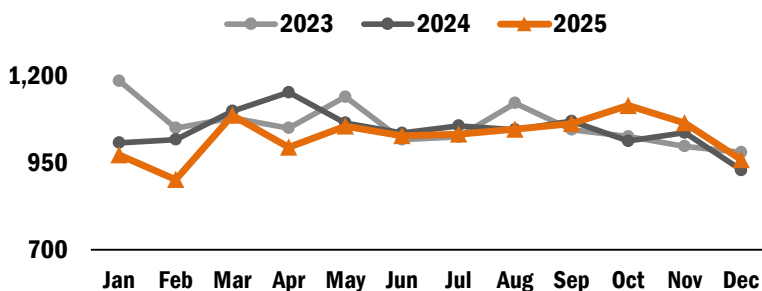
Suicide deaths are just the tip of the iceberg

For every **one** suicide death, there were **eight** emergency department (ED) visits coded for self-inflicted injury in NC.

NC DETECT (North Carolina Disease Event Tracking and Epidemiological Collection Tool) provides surveillance data in near-real time on ED visits for nonfatal self-inflicted injuries based on diagnosis codes.

2025 Self-inflicted injury ED visits trends are similar to previous years.

Number of Self-Inflicted Injury ED Visits by Month, 2023-2025



Source: NC DETECT ED visit data, 2023-2025; data as of 5/13/2026
Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit

In 2025, females, youth (10-18), and NH White residents experienced a higher than expected burden of self-inflicted injury-related ED visits.

- 60%** • Females made up 60% of ED visits vs. 51% of the state population.
- 30%** • 10-to-18-year-olds made up 30% of ED visits but only 13% of the population.
- 60%** • Non-Hispanic (NH) White residents (60%) and NH Black (25%) had the most ED visits.

Self-Inflicted Injury quarterly fact sheets with provisional data on nonfatal ED visits are available on the IVPB website.

Injury and Violence Prevention Branch Resources

[Preventing Firearm Injury and Death](#)

[Suicide Prevention Resources](#)

[National Resources](#)

[The Suicide Prevention Resource Center](#)

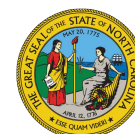
[The American Foundation for Suicide Prevention](#)

State Resources and Partners

[NC Office of Violence Prevention](#)

[NC Office of the Chief Medical Examiner](#)

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



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

Division of Public Health
Injury and Violence Prevention Branch

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

<https://injuryfreenc.dph.ncdhhs.gov/DataSurveillance/SuicideData.htm>

Updated 8/18/2026