

Suicide Among School Aged Youth in North Carolina Ages 10-18, 2023

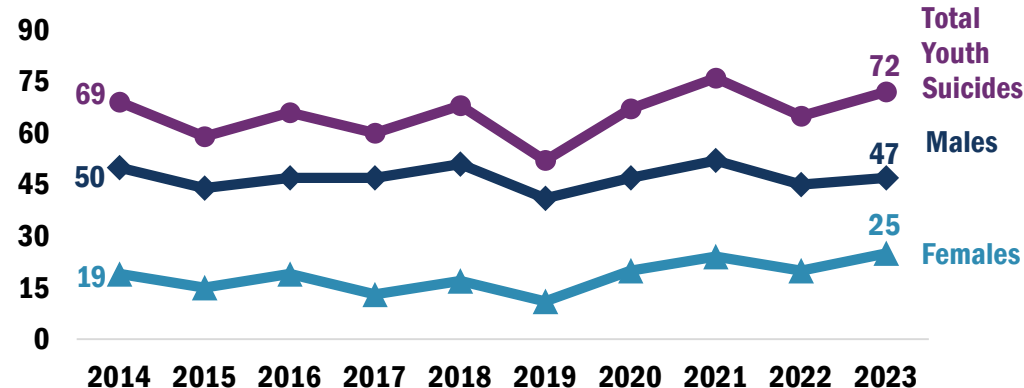
There were

72 youth suicide deaths in NC in 2023.

- Youth ages 10-18 accounted for 4.5% of the 1,593 total suicide deaths in 2023.
- Most youth suicide deaths were among males (65.3%).
- The rate of suicide among males ages 10-18 was 1.8 times the rate for females (7.5 and 4.1 per 100,000, respectively).

Youth suicide deaths increased by 4% from 2014 to 2023.

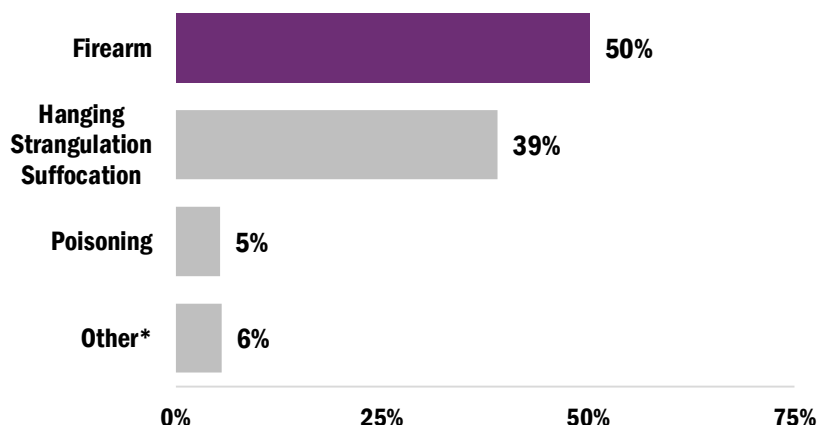
Number of Youth Suicide Deaths in North Carolina, Ages 10-18, 2014 - 2023



Source: North Carolina Violent Death Reporting System (NC-VDRS), 2014 - 2023
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, 2014 - 2023



Source: NC-VDRS, 2014 - 2023; 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.

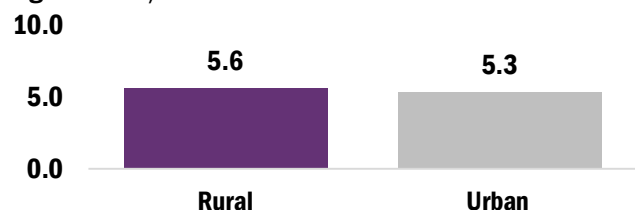
Monuteaux, Azrael, Miller, JAMA Pediatr. 2019



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 (72%), rates were higher for youth in rural counties.

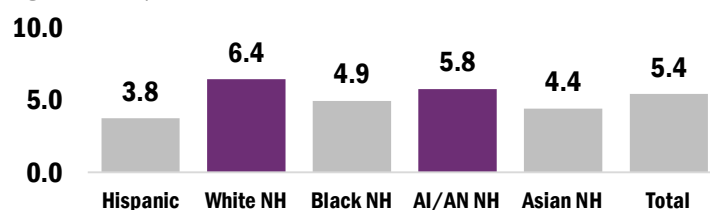
Rates of Suicide Deaths in North Carolina by Rurality
Ages 10-18, 2014 - 2023



Rate per 100,000; rurality classified based on county of residence
Source: NC-VDRS, 2014 - 2023; Limited to NC residents ages 10-18

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, 2014 - 2023



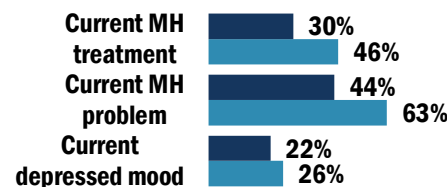
Rate per 100,000; 10-year data aggregated to provide rates for all groups
Source: NC-VDRS, 2014 - 2023; Limited to NC residents ages 10-18

Circumstances surrounding youth suicide varied by sex.

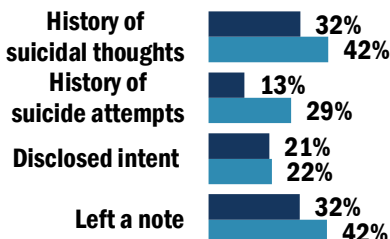
- More male youth suicide victims experienced a school problem, non-alcohol substance use problem, or criminal legal problem than female youth.
- More female youth had a current mental health problem and a history of suicidal thoughts and attempts.
- Suicide attempts among youth are often impulsive. More youth (46%) experienced a recent or imminent crisis associated with their suicide than other age groups (41%).
- Don't be afraid to have a conversation about mental health or suicide. More than one fifth of youth (21% of males and 22% of females) disclosed their suicidal intent before they died.

Precipitating Circumstances of Youth Suicide by Sex, 2014 - 2023

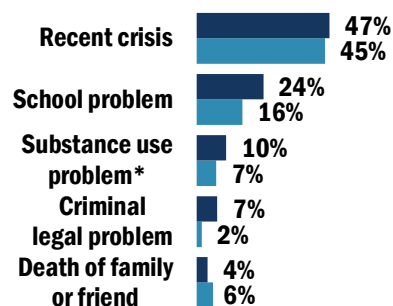
Mental Health (MH)



Suicide Event



Life Stressors



Interpersonal

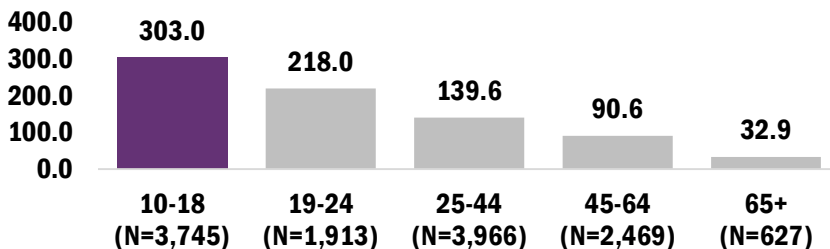


Source: NCVDRS, 2014 - 2023; *Non-alcohol substance use problem; Circumstances were known for 94% of males (n=442) and 96% of females (n=175)

Youth suicide deaths are just the tip of the iceberg. For every one youth suicide death in 2023, there were 9 hospitalizations and 52 ED visits for self-harm.

Youth experienced the highest self-harm injury Emergency Department (ED) visit rate in 2023.

Rates of Self-Harm ED Visits in North Carolina by Age Group, 2023



Rates per 100,000; Limited to NC residents ages 10 and older; Source: NC DETECT, ED Visits, 2023

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

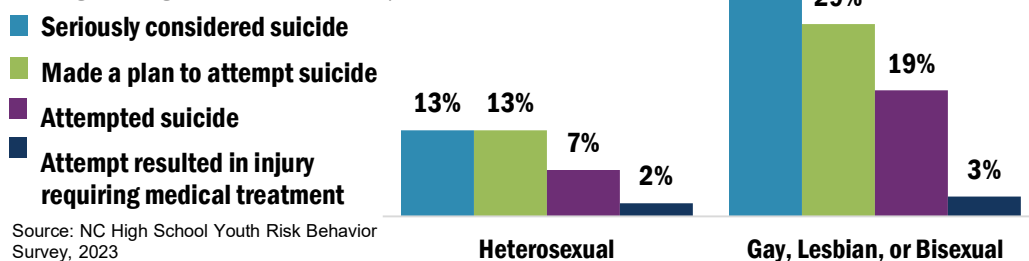
National Alliance on Mental Illness

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, 2023



Source: NC High School Youth Risk Behavior Survey, 2023

Injury and Violence Prevention Branch Resources

<https://injuryfreenc.dph.ncdhhs.gov/preventionResources/Suicide.htm>

National Resources

The Suicide Prevention Resource Center: <https://sprc.org/>

The American Foundation for Suicide Prevention: <https://afsp.org/>

State Resources & Partners

Office of the Chief Medical Examiner

<https://www.ocme.dhhs.nc.gov/>

Division of Child and Family Wellbeing

<https://www.ncdhhs.gov/divisions/child-and-family-well-being>

Division of Mental Health, Developmental Disabilities and Substance Use Services

<https://www.ncdhhs.gov/divisions/mhddsus>



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

Division of Public Health
Injury and Violence Prevention Branch