

# Overview of IVPB Suicide and Self-Inflicted Injury Data Resources

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## Where Can I Find Suicide and Self-Inflicted Injury Data?

The Injury and Violence Prevention Branch (IVPB) suicide and self-inflicted injury data resources can be found on the [Suicide and Self-Inflicted Injury Data page](#). This page includes:

- Data resources that describe the burden of self-inflicted injury and suicide deaths among NC residents
- Quarterly reports on self-inflicted injury emergency department (ED) visits
- Fact sheets detailing suicide among specific groups
- Other data resources and links to overdose prevention information

Data on suicide deaths are also available on the [Violent Death Data page](#).

- This page contains detailed information from the NC Violent Death Reporting System (NC-VDRS).
- NC-VDRS data not only describe the “who, when, where, and how” someone died by suicide, but include circumstance information to also understand “why” these deaths happened.

**For help finding the suicide and self-inflicted injury data you need, visit the [NC Injury Data Resource Inventory](#).**

- This interactive tool helps you identify which website or IVPB data resource has the information that best meets your needs.

## Overview of IVPB Suicide and Self-Inflicted Injury Data Resources and How to Use Them

### Suicide and Self-Inflicted Injury Slide Set

**Use the prepared [Suicide and Self-Inflicted Injury PowerPoint slides](#) to understand more about suicide and related harms in NC, or to include suicide and self-inflicted injury data in your next presentation.**

These slides offer a state-level background on suicide and self-inflicted injury. The slides were created to provide basic data trends and public health surveillance around suicide and related health issues.



### IVPB CREATES AND SHARES THESE RESOURCES TO SUPPORT SUICIDE AND SELF-INFLECTED INJURY PREVENTION ACROSS NC

- Permission is not needed to use any of the posted data in your presentations, manuscripts, reports and other work.
- If you use IVPB published data, please include a version of the following citation:  
NC Department of Health and Human Services, Division of Public Health, Injury & Violence Prevention Branch. “[data resource name].” *[webpage data were accessed from]*. Accessed [insert access date]. [insert the website address].



- These slides can be used to understand:
  - Which groups and areas of the state are most impacted by suicide and self-inflicted injury.
  - Circumstances associated with suicides that provide insight into developing effective prevention strategies.
  - Health behaviors and mental health conditions related to suicide.
  - Financial impacts of suicide.
- Incorporate suicide and self-inflicted injury data into your own presentations, grant proposals, reports, or any other way they may be useful.
  - Each slide includes detailed notes explaining the information on the slide.
  - Technical notes are also available to help with understanding and presenting data.

## Quarterly Self-Inflicted Injury ED Visit Surveillance Reports

Use the [Self-Inflicted Injury ED Visit Surveillance Reports](#) for the most up-to-date data on ED visits for self-inflicted injury in your county and across the state.



These reports are updated quarterly and use provisional data to monitor self-inflicted injury ED visit trends in NC before final data are available. These reports can be used to:

- Monitor changes in the number of self-inflicted injury ED visits happening statewide or at the county level to inform when to respond or act.
- Monitor the method of self-inflicted injury (e.g., poisoning, cutting or piercing injuries)
- Know where self-inflicted injuries are happening in the state and which groups are being impacted.
  - The quarterly report breaks data out by county, age group, race/ethnicity, insurance status, and by both sex and age group.
- Focus prevention and response activities on groups that are most impacted by self-inflicted injuries and around the methods of self-inflicted injury that are being used.

For more information on provisional data and using these data to monitor self-inflicted injuries, visit [Using Provisional Data to Monitor Injuries](#).

## Suicide and Self-Inflicted Injury Fact Sheets

Use these fact sheets for more detailed information on suicide and self-inflicted injury and related harms.

### Self-Inflicted Injury and Death in NC Fact Sheet

Use the [Self-Inflicted Injury and Death in NC Fact Sheet](#) for an overall picture of suicide and self-inflicted injuries in NC. This fact sheet includes data from multiple sources to provide an overview of key indicators of suicide and related harms in a single place.

- Monitor trends of suicide and self-inflicted injury in NC over time.
- Identify which groups are most impacted by suicide and self-inflicted injuries, with data broken out by sex and age, race/ethnicity, and method of suicide.
- Understand what the leading circumstances are surrounding suicide and the reported mental health and well-being of NC residents.



## Suicide and Self-Inflicted Injury Among School-Aged Youth (ages 10-18) Fact Sheet

Use the [Suicide and Self-Inflicted Injury Among School-Aged Youth Fact Sheet](#) for more detailed information on how youth are impacted by suicide and self-inflicted injury in NC.

- Monitor trends of youth suicide in NC over time, overall and by sex.
- Identify the methods most commonly involved in youth suicide, which groups of youth are most impacted by suicide, and how self-inflicted injury among youth compare to other age groups.
- Recognize the most common circumstances surrounding youth suicide and differences between suicide among male and female youth.
- Understand reported suicidal behavior among high-school students, including differences among gay, lesbian and bisexual youth.

## Self-Inflicted Drug Poisonings Among NC Youth Fact Sheet

Use the [Self-Inflicted Drug Poisonings Among NC Youth Fact Sheet](#) for more detailed information on self-inflicted poisoning ED visits among youth ages 10-18 in NC.

- Understand which substances are most commonly involved in self-inflicted poisoning ED visits and NC Poison Control (NCPC) cases among youth in NC.
- Monitor substance-specific trends in self-inflicted poisonings among youth in NC over time.
- Identify ways to keep youth safe from self-inflicted poisonings and strategies to reduce the risk from common over-the-counter medications.

## Bullying in NC: Insights from the YRBS Fact Sheet

Bullying can increase the risk of suicidal behavior. Use the [Bullying in NC Fact Sheet](#) to understand what bullying is and how it impacts middle and high school students in NC based on survey responses collected from the Youth Risk Behavior Survey (YRBS).

- Understand background information on what bullying is, types of bullying, and warning signs of bullying.
- Review data on reported bullying among middle and high schoolers and reported mental health and safety outcomes among those that are bullied.
- Understand suicidal behavior among students who were bullied, and differences in suicidal behavior by sex.
- Describe strategies to prevent bullying and provides resources for more information on bullying and prevention.

## NC Violent Death Reporting System (NC-VDRS) Suicide Fact Sheets

See the [NC-VDRS Suicide Data section](#) below for more information.

## NC-VDRS Suicide Data

**NC-VDRS combines data from death certificates, medical examiner reports, and police reports for more detailed information about how and why suicides happen.**

- NC-VDRS data include information on the events that happened before or were related to a victim's death (circumstances), such as mental health and history of suicide attempts, life stressors, and substance use.
- NC-VDRS is a critical tool for understanding suicide in NC and providing high quality data to guide public health interventions.
- For more information on NC-VDRS, visit [Data Sources IVPB Uses for Injury Surveillance](#), or the [NC-VDRS webpage](#).



NC-VDRS suicide data are used in the following resources:

### **NC-VDRS Data Dashboard**

Use the interactive [NC-VDRS Dashboard](#) to access data on suicide and other violent deaths if you are comfortable using data dashboards to query and filter data.

Suicide data are included throughout the dashboard:

- Suicide Trends and Suicide Circumstances include detailed data about suicide deaths.
- Summary suicide metrics are also included on the NC-VDRS Metrics, Overall Violent Death, Firearm Death Trends, and the NC-VDRS Data Table.

Use these pages of the dashboard to:

- Filter data by place, statewide or by county.
- Monitor changes in the number and rate of suicide deaths over time.
  - Compare the rates from 2004 through the most recent available year of data.
  - There are options for single-year, 5-year, and 10-year rates to ensure data are available and can be shared for each county.
  - Data are suppressed under certain conditions. For more information, visit [Data Suppression and Working with Small Numbers](#).
- Identify which groups are most impacted by suicide.
  - Compare rates by sex, race/ethnicity, and age group.
  - Compare metrics across counties.
  - Compare suicide deaths by manner.

### **NC-VDRS Downloadable Aggregate Data File**

Use this aggregate data file to conduct your own analyses and create your own data visualizations using NC-VDRS suicide data and data on other violent deaths.

- All the data used to populate the NC-VDRS Dashboard are included in a [downloadable NC-VDRS CSV file](#).
- Data are available overall and by sex, age group, and race/ethnicity at the state and county level.
- The first sheet of the file is a data dictionary that describes each of the variables included in the downloadable data.
- The second sheet includes all the primary indicators included in the dashboard.
  - Each row represents the data for a given metric for each year, group (sex, age, race/ethnicity), and place (county/statewide).
  - Data include the number of events for each metric, the rate (percentage or rate per 100,000 NC population), and the denominator used to calculate the rate.
- A third sheet includes data on the circumstances of violent deaths.
  - Currently, firearm circumstance data are not included but will be added in the future.
- There is an accompanying data dictionary available that describes each of the variables included in the downloadable data.

### **NC-VDRS Suicide Fact Sheets**

The [NC-VDRS Suicide Fact Sheets](#) provide detailed information on suicide data overall and for specific groups in NC. Fact sheets include:

- |                                      |                              |
|--------------------------------------|------------------------------|
| • Suicide in NC                      | • Suicide Among Older Adults |
| • Suicide in Rural and Urban NC      | • Youth Suicide              |
| • Suicide Among Black Residents      | • Veteran Suicide            |
| • Suicide Among Construction Workers | • Suicide Among Black Youth  |

Use these fact sheets to:

- Identify which groups are most impacted by suicide using the most recent final year of NC-VDRS data.
  - Compare suicide data by sex and age, overall and among specific groups (e.g. veterans, youth, older adults).
- Observe common circumstances surrounding suicide and explore differences in circumstances of suicide between groups.
- Understand leading methods of suicide (e.g., firearm, hanging, poisoning).

### NC-VDRS Annual Report

Use the [NC-VDRS Annual Report](#) for more detailed information on suicide deaths in NC.

- Review comprehensive data on suicide deaths using the most recent final year of NC-VDRS data.
- Understand basic characteristics of and circumstances surrounding suicide deaths in NC.
- Explore more detailed data on differences in suicide deaths between groups and across counties.
  - Data are available by sex, race/ethnicity, age group, sex and age group and by county, education level, marital status, and veteran status.
- Monitor trends in suicide deaths over time in NC.

Data on suicide deaths are also included in the [county-level NC-VDRS fact sheets](#).

- These fact sheets use occurrence rates and include suicide deaths that happened in a given county, regardless of whether the individuals were residents of that county.
- Most other data resources use resident rates.
- For more information visit, [What Should I Know Before Using Suicide and Self-Inflicted Injury Data?](#)

## Other Suicide Data Resources

### Mental Health, Substance Use and Housing Insecurity are Connected: NCDHHS Updates for Mental Health Awareness Month

Use the [NCDHHS Mental Health Awareness Month Report](#) to understand the intersection of mental health, substance use, and housing insecurity in NC.



- Includes data on suicide and self-inflicted injury outcomes, as well as risk factors of suicide and circumstances surrounding these deaths.
  - Describes the burden of suicide and related health outcomes.
  - Identifies groups that are most impacted.
  - Aims to educate, [reduce stigma](#), and share data to inform community-based prevention strategies.
- Outlines actions that have been taken in NC to prevent these interconnected health outcomes.
- This resource is not regularly updated.

### Suicidal Ideation in NC Fact Sheet

Use this [Suicidal Ideation in NC Fact Sheet](#) for a broader perspective on the burden of suicidal behavior treated in the ED, beyond just those visits that are coded for a self-inflicted injury.

- Compares self-inflicted injury and suicidal ideation-related ED visits, including populations most impacted by these two suicide related health outcomes.
- This resource is not regularly updated.

## NC DETECT Mental Health Dashboard

Use the [NC DETECT Mental Health Dashboard](#) to view ZIP code, county, and state-level ED visit trends for select mental health-related conditions.

- Includes data on ED visits with ICD-10-CM codes for the following mental health-related conditions:
  - Anxiety
  - Depression
  - Self-inflicted injury
  - Suicidal ideation
  - Trauma and stressors
  - Traumatic Brain Injury
- Monitors trends in ED visits for mental health-related conditions annually from 2017 through the most recent complete year of data at multiple geographic levels.
- Includes trends for mental health-related ED visits by sex, age group, race, and ethnicity.
- Summarizes insurance coverage for mental health-related ED visits by county.
- Includes monthly trends for the included mental health conditions by county, state, and Local Management Entity/Managed Care Organization (LME/MCO).



**FOR MORE RESOURCES:**

**Visit our [Injury Data Users Toolkit](#)**



NC DEPARTMENT OF  
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Division of Public Health

[dph.ncdhhs.gov/injury-and-violence-prevention-branch-data-users-toolkit](https://dph.ncdhhs.gov/injury-and-violence-prevention-branch-data-users-toolkit)

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