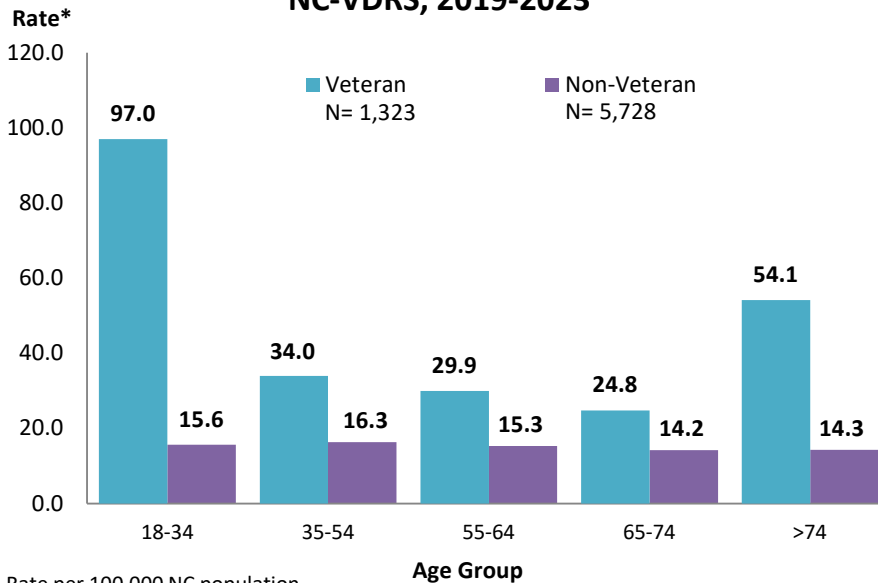


# NC Violent Death Reporting System

## VETERAN SUICIDE IN NORTH CAROLINA, 2019-2023

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 uses 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://injuryfreenc.dph.ncdhhs.gov/About/ncVDRS.htm>.

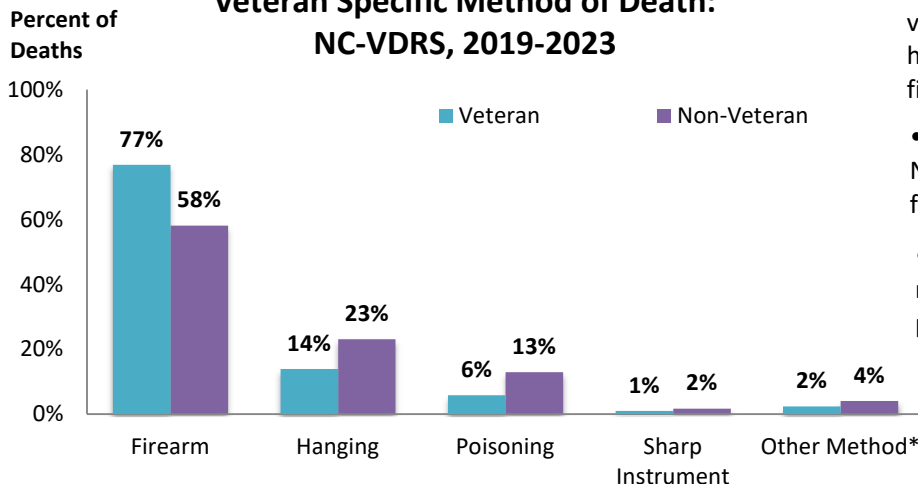
### Suicide Rates by Veteran Status and Age Group NC-VDRS, 2019-2023



- Veteran status was available for 99.2% of the 11,632 violent deaths that occurred among NC residents ages 18 and older from 2019-2023.
- 1,602 (13.8%) of these deaths occurred among NC veterans. Most veteran violent deaths were suicides (82.6%).
- The average suicide rate from 2019-2023 was 2.7 times higher among veterans than non-veterans (41.3 and 15.5 per 100,000 respectively). Veteran suicide rates were consistently higher than non-veterans across all age groups.
- The suicide rate was highest for veterans ages 18 to 34 with a rate of 97.0 per 100,000, and was 6.2 times higher than the rate for non-veterans among the same age group.

- Of veteran suicides, 94.3% were male. The rate among male veterans was 2.0 times that of female veterans (43.7 and 21.7 per 100,000 respectively).
- Most veteran suicide victims were non-Hispanic (NH) White (82.6%), while 9.9% were NH Black and 7.5% were of another race/ethnicity.

### Veteran Specific Method of Death: NC-VDRS, 2019-2023



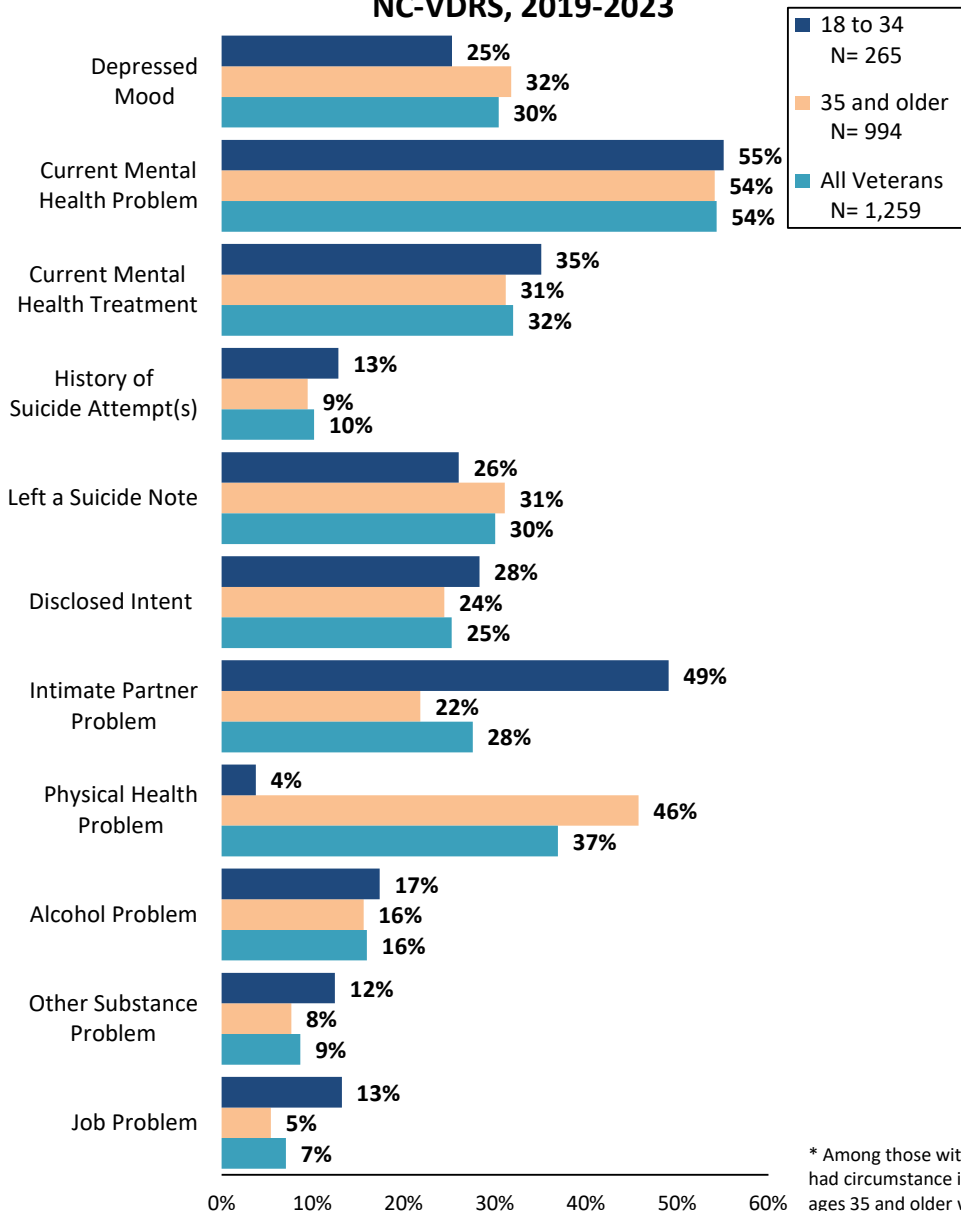
- Most suicides involved a firearm for both veterans (76.8%) and non-veterans (58.1%), however there was a much larger proportion of firearms used in veteran suicides.
- The second leading cause of suicide among North Carolina veterans was hanging (13.9%) followed by poisoning (5.8%).
- Roughly 2% of veteran suicides involved a method other than a firearm, hanging, or poisoning.

**If you or someone you know needs support now,**

**988**  
SUICIDE & CRISIS  
LIFELINE

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

## Veteran Suicide Circumstances\* by Age Group: NC-VDRS, 2019-2023



- Circumstances surrounding suicides differed slightly by veteran status. More veterans had a physical health problem (36.9%) than non-veterans (21.7%).
- A smaller proportion of veterans had a history of suicide attempt(s) (10.2%), and fewer had a substance use problem other than alcohol (8.7%) compared to non-veterans (19.0%, and 21.7% respectively).
- Among veteran suicides, many circumstances differed by age group.
- More veterans ages 18 to 34 had an intimate partner problem (49.1%) than older veterans (21.8%), and were more likely to have had a job-related problem (13.2%) than older veterans (5.4%).
- Veterans ages 18 to 34 were less likely to have left a suicide note (26.0%) than older veterans (31.1%).
- Veterans ages 35 and older were much more likely to have had a physical health problem (45.8%) than veterans ages 18 to 34 (3.8%).

\* Among those with reported circumstance information, 95.2% of veteran cases had circumstance information. Forty-three veterans ages 18-34 and 21 veterans ages 35 and older 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/>

Military and Veteran Affairs - NC4VETS

<https://www.nc4vets.org>

Injury and Violence Prevention's Suicide Prevention Website

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

#### 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

The North Carolina Violent Death Reporting System is supported by Cooperative Agreement 5NU17/CE002613-05-00 from the Centers for Disease Control and Prevention (CDC).

NCDHHS Division of Public Health / [www.dph.ncdhhs.gov](http://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](http://www.ncdhhs.gov)

NCDHHS is an equal opportunity employer and provider.

2023 FINAL DATA 6/16/2025

Please see the NC-VDRS 2023 Annual Report for additional data and technical information:

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



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

