

Suicide Among School Aged Youth in North Carolina Ages 10-18, 2020

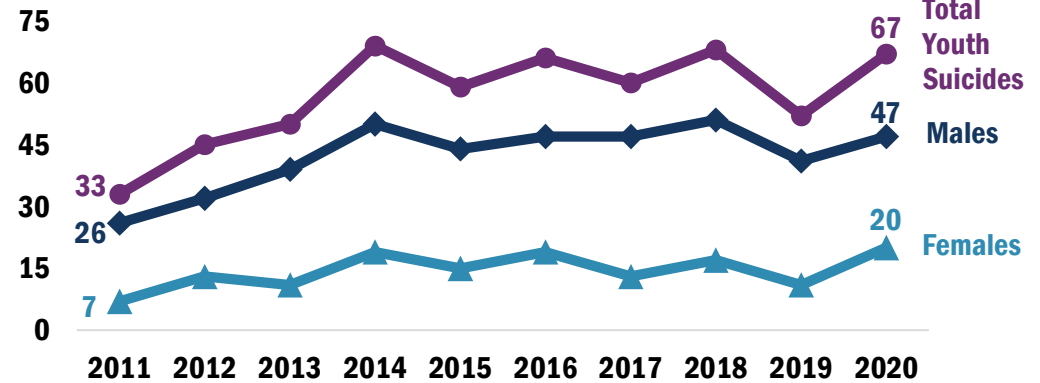
There were

67 youth suicide deaths in NC in 2020.

- Youth ages 10-18 accounted for 4.7% of the 1,436 total suicide deaths in 2020.
- Most youth suicide deaths were among males (70.1%).
- The rate of suicide among males ages 10-18 was 2.3 times higher than for females (7.6 and 3.4 per 100,000, respectively).

Youth suicide deaths increased by 103% from 2011 to 2020.

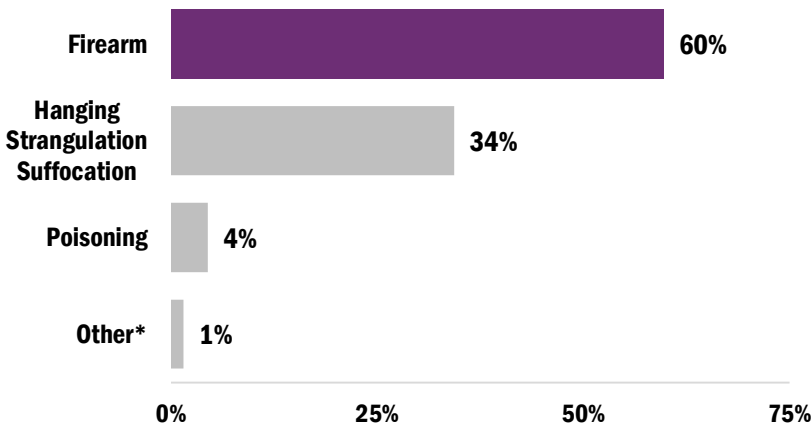
Number of Youth Suicide Deaths in North Carolina, Ages 10-18, 2011 - 2020



Source: North Carolina Violent Death Reporting System (NC-VDRS), 2011 - 2020
Limited to NC residents ages 10-18

Firearms were the most common method of youth suicide in 2020.

Method of Youth Suicide Deaths in North Carolina
Ages 10-18, 2020



Source: NC-VDRS, 2020; 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.



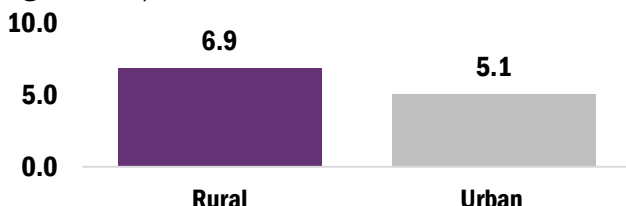
1/3 of youth suicides and unintentional deaths are prevented by securing firearms.
Monuteaux, Azrael, Miller, JAMA Pediatr. 2019



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 (67%), rates were higher for youth in rural counties.

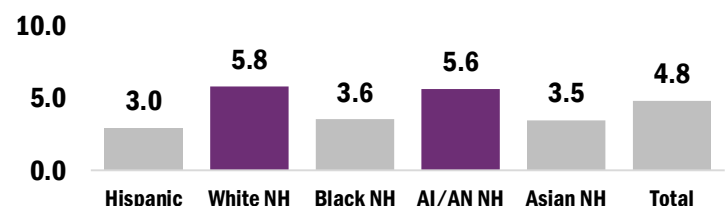
Rates of Suicide Deaths in North Carolina by Rurality
Ages 10-18, 2020



Rate per 100,000; rurality classified based on county of residence
Source: NC-VDRS, 2020; 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, 2011 - 2020



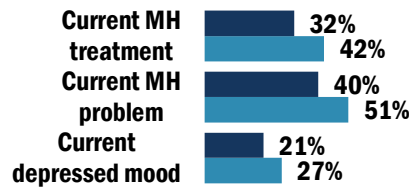
Rate per 100,000; 10-year data aggregated to provide rates for all groups
Source: NC-VDRS, 2011 - 2020; Limited to NC residents ages 10-18

Circumstances surrounding youth suicide varied by sex.

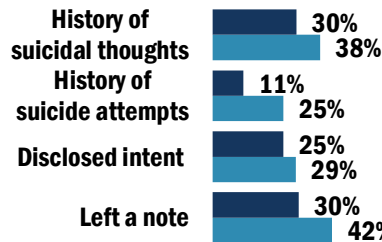
- More male youth suicide victims experienced a school problem, non-alcohol substance use problem, or criminal legal problem than female youth.
- More female youth had a current mental health problem and a history of suicidal thoughts and attempts.
- Suicide attempts among youth are often impulsive. More youth (53%) experienced a recent or imminent crisis associated with their suicide than other age groups (39%).
- Don't be afraid to have a conversation about mental health or suicide. More than a quarter of youth (29% of males and 25% of females) disclosed their suicidal intent before they died.

Precipitating Circumstances of Youth Suicide by Sex, 2011 - 2020

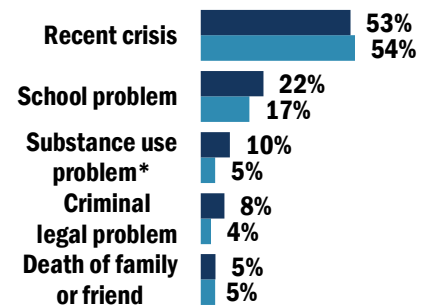
Mental Health (MH)



Suicide Event



Life Stressors



Interpersonal

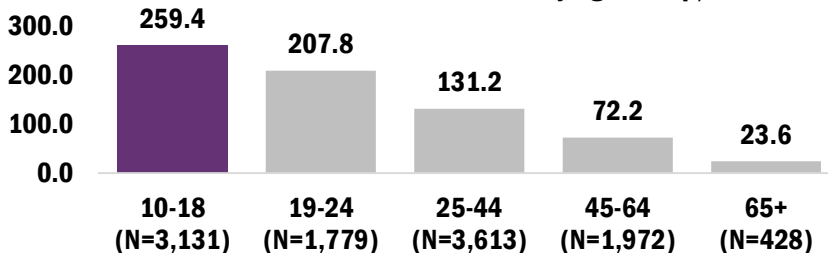


Source: NCVDRS, 2011 - 2020; *Non-alcohol substance use problem; Circumstances were known for 92% of males (n=389) and 97% of females (n=140)

Youth suicide deaths are just the tip of the iceberg. For every one youth suicide death in 2020, there were 9 hospitalizations and 47 ED visits for self-harm.

Youth experienced the highest self-harm injury ED visit rate in 2020.

Rates of Self-Harm ED Visits in North Carolina by Age Group, 2020



Rates per 100,000; Limited to NC residents ages 10 and older; Source: NC DETECT, ED Visits, 2020

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 to self-harm

National Alliance on Mental Illness

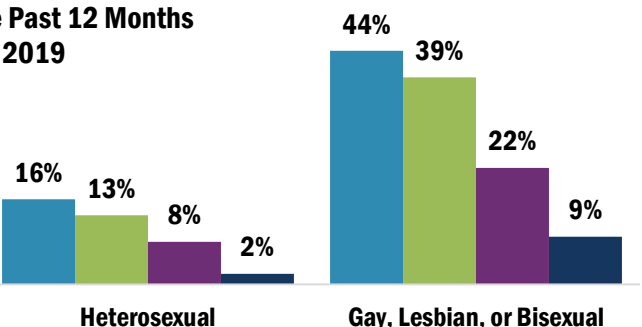
If you or someone you know needs support now, call or text **988** or chat **988lifeline.org**



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, 2019

- Seriously considered suicide
- Made a plan to attempt suicide
- Attempted suicide
- Attempt resulted in injury requiring medical treatment



Source: NC High School Youth Risk Behavior Survey, 2019

State Resource Partners

NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services
<https://www.ncdhhs.gov/divisions/mhddsas>

NC Office of the Chief Medical Examiner
<https://www.ocme.dhhs.nc.gov/>

NC Injury and Violence Prevention Branch's Suicide Prevention Website
<https://injuryfreenc.dph.ncdhhs.gov/preventionResources/Suicide.htm>

NC Division of Child and Family Wellbeing
<https://www.ncdhhs.gov/divisions/division-child-and-family-well-being>

National Resources

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

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