

Suicide Facts & Figures: North Carolina 2020



On average, one person died by suicide every six hours in the state.

More than three times as many people died by suicide in North Carolina in 2018 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 28,575 years of potential life lost (YPLL) before age 65.



Suicide cost North Carolina a total of **\$1,358,735,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,157,355 per suicide death.**



11th leading cause of death in North Carolina

2nd leading
cause of death for ages 10-34

4th leading
cause of death for ages 35-54

8th leading
cause of death for ages 55-64

17th leading
cause of death for ages 65+

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
North Carolina	1,494	13.72	36
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from www.cdc.gov/injury/wisqars/fatal.html on 3/1/2020).

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Suicide Prevention Programs and Initiatives

- The NC Injury and Violence Prevention (IVP) Branch, within the Division of Public Health's Chronic Disease and Injury Section, leads statewide suicide prevention efforts (<https://bit.ly/2PV4Hcf>), including a Youth Suicide Prevention Program and "It's OK 2 ASK" media campaign (itsok2ask.com).
- The Division of Mental Health, Developmental Disabilities, and Substance Abuse Services (DMH/DD/SAS) worked with the NC Institute of Medicine in 2012 to develop a Suicide Prevention and Intervention Plan (<http://bit.ly/2FLU3Ay>) which focuses on mental health treatment and the role of multiple medical care facilities to reduce suicide contemplations, attempts, and deaths across the state.
- The 2015 NC Suicide Prevention Plan (<http://bit.ly/2tJ1NI2>) is the result of a collaborative process among staff members from the IVP Branch, the UNC Gillings School of Global Public Health's Department of Health Behavior, and DMH/DD/SAS. The plan utilizes input from diverse suicide prevention stakeholders, provides community-based strategies, and covers the lifespan. It is meant to complement the 2012 DMH/DD/SAS plan.
- Detailed data and fact sheets on suicide from the NC Violent Death Reporting System and the Youth Risk Behavior Survey can be found online from the IVP Branch at <https://bit.ly/2GMsLPB>.
- NC law (§ 120-70.81) charges the Joint Legislative Education Oversight Committee with studying the needs of children and youth, which may include developing strategies for addressing teen suicide.
- NC law (§ 122C-115.4) requires human services staff who provide screening, triage, or referral for military service members, veterans, and their families to receive training on traumatic brain injury, posttraumatic stress disorder, depression, substance use disorders, and potential suicide risks.

Get Involved

The **AFSP North Carolina Chapter** brings together people of all backgrounds in communities throughout the state to fight suicide. We help fund research, offer educational programs, advocate for public policy and support those affected by suicide.

For more information or to volunteer, please contact:

AFSP North Carolina
northcarolina@afsp.org

Become an Advocate

AFSP's North Carolina advocacy volunteers build relationships with public officials and advocate on behalf of sound suicide prevention policy.

Visit afsp.org/advocate to sign up!