

Suicidal Ideation in North Carolina

Suicide is a serious public health problem that affects individuals, families, and communities across North Carolina. However, it is important to recognize that suicides can be reduced with effective prevention strategies and support systems. Suicidal ideation refers to the presence of persistent and recurring thoughts of wanting to end one's own life. In some incidents, suicidal ideation may include specific plans for carrying out suicide. Self-inflicted injury includes all injuries due to self-directed violence, including suicide attempts as well as self-harm events where someone may not have intended to end their life.

54,770 Suicidal ideation-related ED visits in 2022

14,154 Self-inflicted injury-related ED visits in 2022

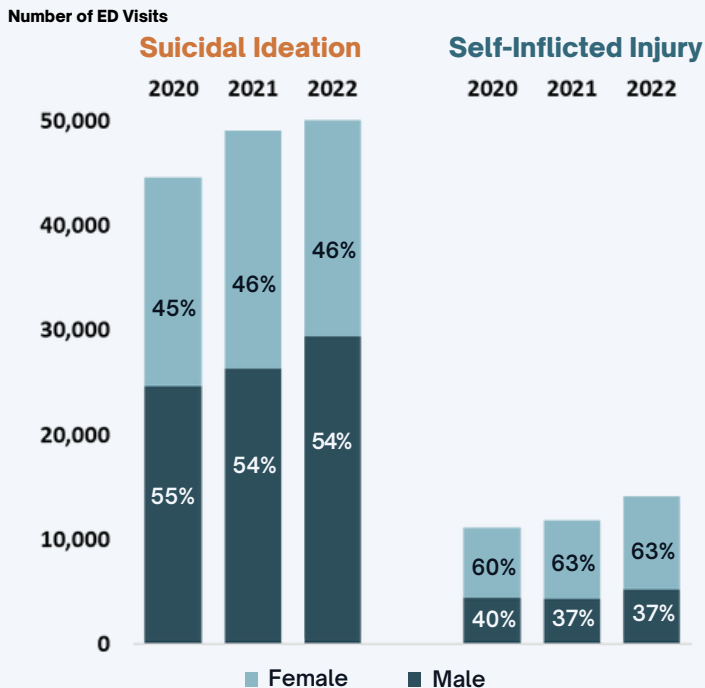
Report is based on initial encounter ICD-10-CM suicidal ideation and self-inflicted injury codes. The suicidal ideation indicator consists of the R45.851 ICD-10-CM code. See the CSTE Self-Harm Indicator for a comprehensive list of codes.

Note: Report is restricted to NC residents ages 10 and older and does not exclude visits resulting in death.

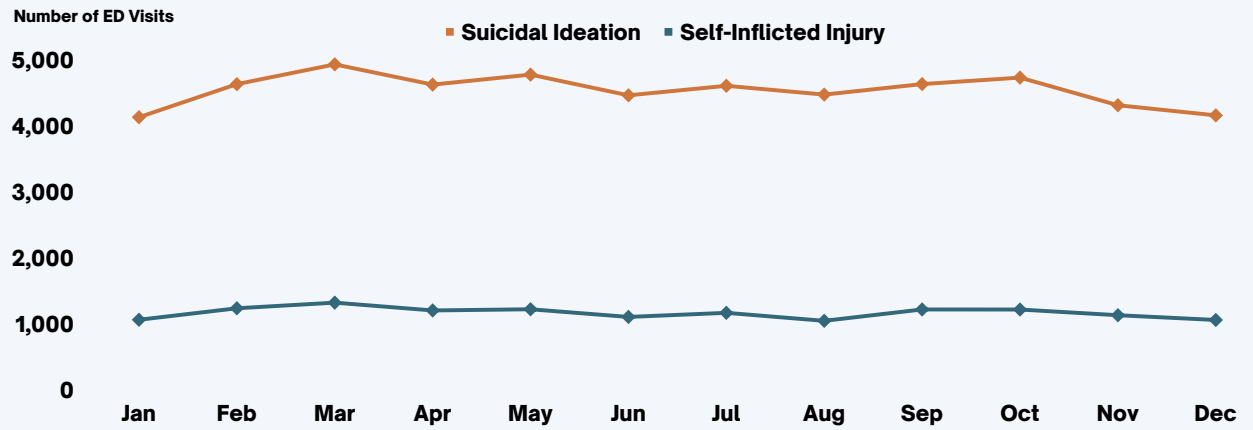
Data Source: NC DETECT, ED visits; data as of 6/1/2023.

Over 50% of suicidal ideation-related visits are by males and over 60% of self-inflicted injury-related visits are by females.

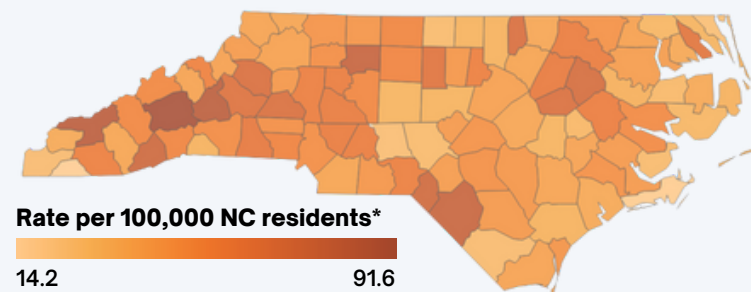
Suicidal Ideation and Self-Inflicted Injury ED Visits 2020-2022



Suicidal Ideation and Self-Inflicted Injury ED Visits by Month: 2022



Suicidal Ideation ED Visit Rates by County of Residence: Jan-Dec 2022



*Urban/rural classifications based on classifications from the US Census. Crude rates are calculated by dividing the ED visit count by the county population and multiplying by 100. Please note that crude rates are calculated using the most recent 12 months of data and 2020 population estimates.

Suicidal Ideation and Self-Inflicted Harm in NC Emergency Departments



Examining the Overlap

In 2022, about 40% of the emergency department visits with a self-inflicted injury code also contained a code for suicidal ideation.

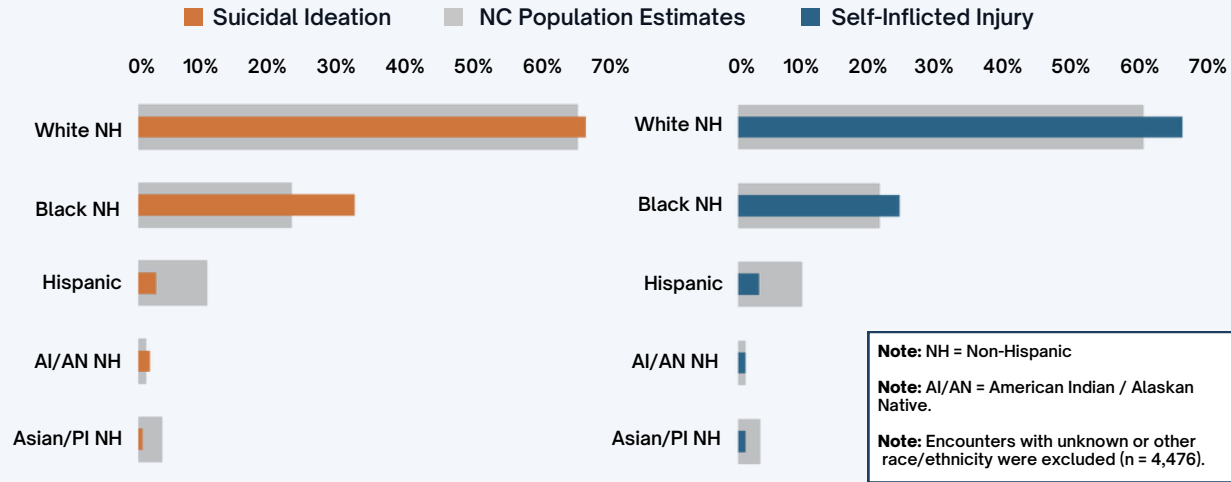
6 of the 10 Highest Counties Experiencing a High Burden of ED Visits for Suicidal Ideation were Rural.*

County	Rural / Urban	Count	Rate
Buncombe	Urban	2536	91.6
Swain	Rural	128	82.2
McDowell	Rural	408	82.1
Forsyth	Urban	3124	77.2
Robeson	Rural	1126	76.7
Transylvania	Rural	270	73.4
Scotland	Rural	282	72.3
Edgecombe	Urban	410	69.2
Caldwell	Urban	609	67.4
Vance	Rural	331	67.2

Demographics of Suicidal Ideation & Self-Inflicted Injury ED Visits

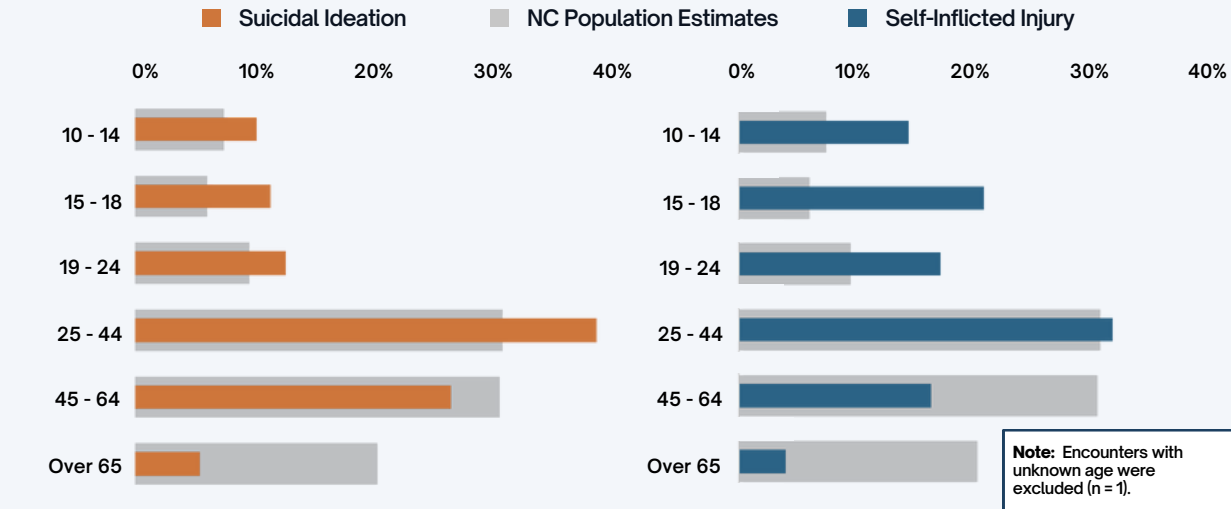
Black, White, and American Indian / Alaskan Native populations are overrepresented in ED visit data for suicidal ideation and self-inflicted injury: Jan-Dec 2022

Proportion of ED Visits by Race / Ethnicity



Age groups 10-14, 15-18, 19-24, and 25-44 are overrepresented in ED visit data for suicidal ideation and self-inflicted injury. This shows that suicidal ideation and self-inflicted injury primarily impact younger populations: Jan-Dec 2022

Proportion of ED Visits by Age



Source: Carolina Center for Health Informatics / cchi.web.unc.edu / Department of Emergency Medicine, UNC Chapel Hill
 NC Division of Public Health / publichealth.nc.gov / Injury Epidemiology & Surveillance Unit
 NC DETECT / <https://ncdetect.org>
 State of North Carolina / Department of Health and Human Services / ncdhhs.gov
 CDC Wonder Population Estimates / <https://wonder.cdc.gov/bridged-race-population.html>
 NC DHHS is an equal opportunity employer and provider



Recognizing the Signs*

- Talking about wanting to die or to kill oneself.
- Expressing feelings of hopelessness, worthlessness, or helplessness.
- Withdrawing from friends and family, and losing interest in activities once enjoyed.
- Expressing feelings of being trapped or in unbearable pain.
- Increasing the use of drugs or alcohol.
- Engaging in risky behaviors, such as driving recklessly or participating in high-risk activities.

Resources

988 Suicide & Crisis Lifeline: **988 (call or text)**
 24/7 service via a toll-free hotline that connects you to the closest crisis center. Workers will provide support, actively listen, and connect callers to resources.

The Trevor Project: **866-488-7386**
 24/7 crisis counseling for LGBTQ youth.

Veterans Crisis Line: **1-800-273-8255**
 24/7 crisis line for veterans and their loved ones.

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

*It is important to acknowledge that some cases of suicide can occur without any of the aforementioned warning signs. Furthermore, there are instances where individuals may display these signs without harboring any intent of a suicide attempt.