

Suicide Prevention Awareness in Rural North Carolina

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CENTER OF EXCELLENCE
FOR INTEGRATED CARE

Leading Causes of Death in North Carolina

1. Cancer
2. Heart Disease
3. Accidents
4. Chronic Lower Respiratory Diseases
5. Stroke
6. Alzheimer's Disease
7. Diabetes
8. Kidney Disease
9. Influenza/Pneumonia
10. Septicemia

11. Suicide

#2 for ages 10-34



COVID19 & Rural Mental Health

Rural + Pandemic Risks

- Social distancing and isolation
- Economic stress
- Barriers to mental health care
 - Access and stigma
- Constant and pervasive anxiety and uncertainty

Rural Populations of Concern

- Agricultural
- Youth
- LGBTQ+



Prevention Awareness

- Suicide Prevention Lifeline's #BeThe1To Campaign
- Language
- From survivors:
 - Your feelings are valid
 - It won't feel like this forever
 - You are worthy of help



If you or someone you know is thinking about suicide,
PLEASE contact

The National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

www.suicidepreventionlifeline.org