

Warning Signs

- ⚠ Threatening to hurt or kill oneself
- ⚠ Seeking access to means to harm self
- ⚠ Talking, writing or posting on social media about death, dying or suicide
- ⚠ Feeling hopeless
- ⚠ Feeling worthless or feeling a lack of purpose
- ⚠ Acting recklessly or engaging in risky activities
- ⚠ Feeling trapped
- ⚠ Increasing alcohol or drug use
- ⚠ Withdrawing from family, friends or society
- ⚠ Demonstrating rage and anger or seeking revenge
- ⚠ Dramatic changes in mood

If you feel someone may be suicidal...

- Let the person know you are concerned and willing to help
- Discuss your observations with the person
- Ask questions without dread
- Refrain from expressing negative judgment
- Appear confident, as this can be reassuring
- Be comfortable with asking:
“Are you having thoughts of suicide?”
“Are you thinking about killing yourself?”

Suicide Prevention Coalitions

- **Aberdeen** | Northern State University
- **Hot Springs** | EMPOWER
- **Mitchell** | Mitchell Area Suicide Prevention
- **Rapid City** | Front Porch
- **Sioux Falls** | Sioux Falls Suicide Prevention Task Force
- **Sisseton** | Aliive-Roberts County
- **Vermillion** | University of South Dakota
- **Watertown** | Watertown Glacial Lakes SAFE
- **White River** | Michael Glynn Memorial

If you or someone you know is experiencing suicidal thoughts or actions, help is available.

The National Suicide Prevention Lifeline is accessible 24 hours a day, 7 days a week to provide professional support. In South Dakota, The Helpline Center answers calls made to the National Prevention Lifeline.

1.800.273.8255

Please contact the Division of Behavioral Health for more information at 605.773.3123 or online at dss.sd.gov/behavioralhealth/community/prevention.aspx or www.sdsuicideprevention.org

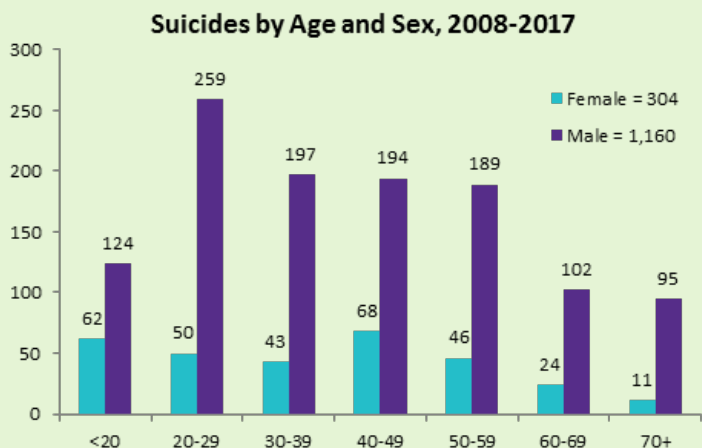
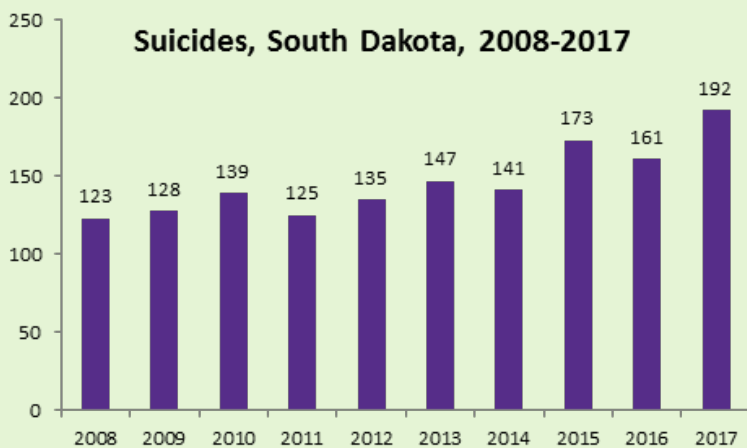
⚠ **Did you know?**
Suicide is the 9th
leading cause of death
in South Dakota

South Dakota Suicide Facts

Did You Know...

- Suicide is the 9th leading cause of death in SD, but is the 2nd leading cause among ages 15 to 34.
- With 161 suicides, SD has the 13th highest suicide rate in United States in 2016 (crude rate).
 - SD = 18.8 per 100,000 population
 - US = 13.9 per 100,000 population
- There were 192 suicides in 2017 in SD, the most ever reported for the state.
- 79 percent of suicides were male and 21 percent were female.
- The SD American Indian suicide rate is 2.3 times higher than the SD White suicide rate for 2008 - 2017.
- SD suicide methods: firearm 49 percent, hanging 35 percent, poisoning 13 percent and other 4 percent.
- 16.1 percent of SD high school students considered suicide (2015, Youth Risk Behavior Surveillance System).
- 8.4 percent of SD high school students attempted suicide (2015, Youth Risk Behavior Surveillance System).

South Dakota Statistics



SD Suicides by County, 2008-2017

(Crude Rate: suicides per 100,000 population per year)

- Aurora <5 (††)
- Beadle 23 (13.1)
- Bennett 9 (26.3†)
- Bon Homme 9 (12.8†)
- Brookings 32 (9.8)
- Brown 50 (13.4)
- Brule 7 (13.3†)
- Buffalo 15 (73.7†)
- Butte 17 (16.8)
- Campbell 0 (0)
- Charles Mix 22 (23.9)
- Clark <5 (††)
- Clay 15 (10.8†)
- Codington 38 (13.8)
- Corson 28 (67.8)
- Custer 17 (20.4)
- Davison 28 (14.3)
- Day 5 (8.9†)
- Deuel 6 (13.9†)
- Dewey 28 (49.4)
- Douglas <5 (††)
- Edmunds 5 (12.5†)
- Fall River 14 (20.1)
- Faulk 5 (21.4†)
- Grant 10 (13.9†)
- Gregory 6 (14.3†)
- Haakon <5 (††)
- Hamlin 5 (8.4†)
- Hand <5 (††)
- Hanson 5 (14.6†)
- Harding <5 (††)
- Hughes 28 (16.1)
- Hutchinson 5 (6.9†)
- Hyde <5 (††)
- Jackson 13 (41.8†)
- Jerauld <5 (††)
- Jones <5 (††)
- Kingsbury 11 (21.5†)
- Lake 18 (14.9†)
- Lawrence 47 (19.2)
- Lincoln 42 (8.6)
- Lyman 12 (31.2†)
- Marshall 8 (17.3†)
- McCook 6 (10.7†)
- McPherson 5 (20.5†)
- Meade 58 (22.2)
- Mellette 6 (29.0†)
- Miner <5 (††)
- Minnehaha 296 (16.4)
- Moody 13 (20.2†)
- Oglala Lakota 67 (47.7)
- Pennington 205 (19.5)
- Perkins <5 (††)
- Potter 6 (26.3†)
- Roberts 27 (26.4)
- Sanborn <5 (††)
- Spink 5 (7.7†)
- Stanley 11 (37.4†)
- Sully <5 (††)
- Todd 57 (57.2)
- Tripp <5 (††)
- Turner 12 (14.5†)
- Union 16 (10.9†)
- Walworth 10 (18.3†)
- Yankton 41 (18.2)
- Ziebach 6 (21.7†)
- TOTAL 1,464 (17.5)

SD suicide surveillance report:

doh.sd.gov/documents/statistics/SuicideSurveillanceJan2017.pdf



†Unstable rate due to fewer than 20 deaths. Interpret with caution.

††Suppressed rate due to fewer than 5 deaths.