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

6 Steps to Save a Life

We can all help prevent suicide by learning six action steps:

1. Ask the question
2. Listen
3. Keep them safe
4. Be there
5. Help them connect
6. Follow-up

Suicide is preventable

Suicide is a serious public health problem that can have lasting, harmful effects on individuals, families, and communities. While its causes are complex and determined by multiple factors, the goal of suicide prevention is simple: reduce risk factors and increase factors that promote resilience. Suicide is a preventable when we all work together.

If you are considering suicide, you are not alone - please know there is help available. The Suicide and Crisis Lifeline is available 24 hours a day, 7 days a week. The service is available to anyone and all calls are confidential.

988 Call. Text. Chat.

The Suicide and Crisis Lifeline can be called or texted at 988 or use the chat feature available at https://988lifeline.org/.

For more information, contact the Division of Behavioral Health at 605.367.5236 or online at dss.sd.gov

sdsuicideprevention.org
South Dakota Suicide Facts

Did You Know...

- Suicide is the 10th leading cause of death in SD, but is the leading cause among ages 10 to 29 (2021)
- SD had the 7th highest suicide death rate in the United States in 2021 (crude rate)
  - SD = 22.6 per 100,000 population
  - US = 14.6 per 100,000 population
- There were 202 suicide deaths in 2021 in SD
- 79 percent of suicide deaths were male and 21 percent were female, 2012-2021
- The Native American suicide death rate is 2.6 times higher than the rate for Whites in SD for 2012-2021
- SD suicide methods: firearm 50 percent, hanging 35 percent, poisoning 11 percent and other 4 percent, 2012-2021
- 23.1 percent of SD high school students considered suicide (2019, Youth Risk Behavior Surveillance System)
- 12.3 percent of SD high school students attempted suicide (2019, Youth Risk Behavior Surveillance System)

SD Suicides by County, 2012-2021
(Crude Rate: suicides per 100,000 population per year)
- Jackson 12 (37.0†)
- Jerauld <5 (††)
- Jones <5 (††)
- Kingsbury 16 (31.8†)
- Lake 19 (15.4†)
- Lawrence 46 (18.1)
- Lincoln 60 (10.6)
- Lyman 17 (44.3†)
- Marshall 7 (14.7†)
- McCook 6 (10.7†)
- McPherson <5 (††)
- Meade 63 (22.6)
- Mellette 6 (29.1†)
- Miner <5 (††)
- Minnehaha 329 (17.5)
- Moody 12 (18.5†)
- Oglala Lakota 73 (51.5)
- Pennington 259 (23.5)
- Perkins 5 (16.9†)
- Potter <5 (††)
- Roberts 24 (23.3)
- Sanborn <5 (††)
- Spink 5 (7.7†)
- Stanley 13 (43.1†)
- Sully <5 (††)
- Todd 59 (59.0)
- Tripp 7 (12.8†)
- Turner 9 (10.8†)
- Union 21 (13.6)
- Walworth 12 (21.9†)
- Yankton 34 (14.9)
- Ziebach 9 (32.8†)
- TOTAL 1,689 (19.5)

†Unstable rate due to fewer than 20 deaths. Interpret with caution.
††Suppressed rate due to fewer than 5 deaths.
*ICD-10-CM: X60-X84, Y870

SD suicide surveillance report: