

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 National Suicide Prevention Lifeline is available 24 hours a day, 7 days a week. The service is available to anyone and all calls are confidential.

1.800.273.8255

The Crisis Text Line is also available 24/7. Text "Connect" to 741741.



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

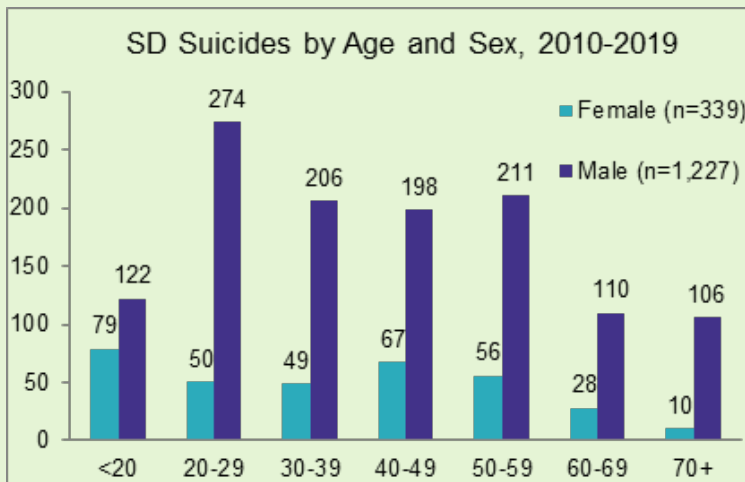
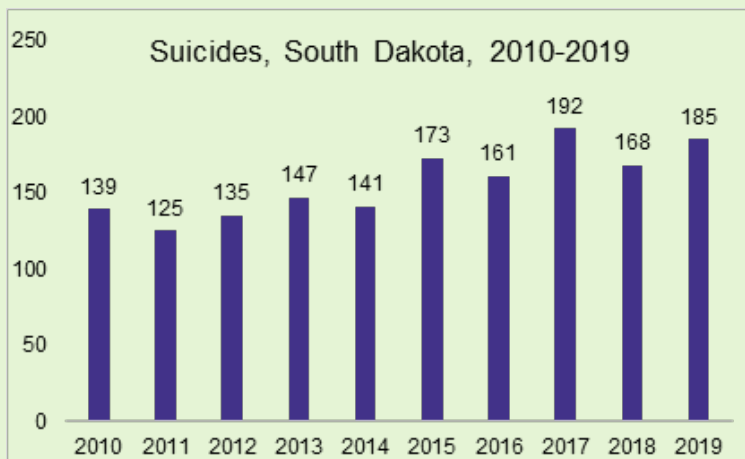


South Dakota Suicide Facts

Did You Know...

- Suicide is the 9th leading cause of death in SD, but is the 2nd leading cause among ages 15 to 34 (2019)
- SD had the 8th highest suicide rate in United States in 2019 (crude rate)
 - SD = 20.6 per 100,000 population
 - US = 14.5 per 100,000 population
- There were 185 suicides in 2019 in SD
- 78 percent of suicides were male and 22 percent were female, 2010 - 2019
- The Native American suicide rate is 2.4 times higher than the rate for whites in SD for 2010 - 2019
- SD suicide methods: firearm 50 percent, hanging 35 percent, poisoning 11 percent and other 4 percent
- 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)

South Dakota Statistics



SD suicide surveillance report:

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

SD Suicides by County, 2010-2019

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

- Aurora <5 (++)
- Beadle 27 (14.9)
- Bennett 10 (29.0+)
- Bon Homme 10 (14.3+)
- Brookings 35 (10.4)
- Brown 50 (13.1)
- Brule 11 (20.8+)
- Buffalo 16 (79.1+)
- Butte 18 (17.6+)
- Campbell 0 (0)
- Charles Mix 20 (21.5)
- Clark <5 (++)
- Clay 17 (12.1+)
- Codrington 38 (13.7)
- Corson 23 (55.5)
- Custer 21 (24.7)
- Davison 31 (15.7)
- Day 9 (16.1+)
- Deuel 7 (16.2+)
- Dewey 24 (42.4)
- Douglas <5 (++)
- Edmunds <5 (++)
- Fall River 17 (24.8+)
- Faulk <5 (++)
- Grant 11 (15.3+)
- Gregory 6 (14.2+)
- Haakon 6 (31.5+)
- Hamlin 8 (13.3+)
- Hand <5 (++)
- Hanson 5 (14.8+)
- Harding <5 (++)
- Hughes 29 (16.6)
- Hutchinson 5 (6.9+)
- Hyde <5 (++)
- Jackson 12 (37.0+)
- Jerauld <5 (++)
- Jones <5 (++)
- Kingsbury 15 (29.7+)
- Lake 18 (14.6+)
- Lawrence 53 (21.3)
- Lincoln 48 (9.2)
- Lyman 14 (36.4+)
- Marshall 7 (14.6+)
- McCook 6 (10.7+)
- McPherson <5 (++)
- Meade 64 (23.7)
- Mellette 7 (33.8+)
- Miner <5 (++)
- Minnehaha 324 (17.7)
- Moody 13 (20.0+)
- Oglala Lakota 72 (50.8)
- Pennington 226 (21.0)
- Perkins <5 (++)
- Potter <5 (++)
- Roberts 25 (24.2)
- Sanborn <5 (++)
- Spink <5 (++)
- Stanley 10 (33.4+)
- Sully <5 (++)
- Todd 53 (53.0)
- Tripp <5 (++)
- Turner 11 (13.2+)
- Union 20 (13.3)
- Walworth 10 (18.1+)
- Yankton 45 (19.8)
- Ziebach 7 (25.0+)
- **TOTAL 1,566 (18.4)**



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

++ Suppressed rate due to fewer than 5 deaths.