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
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 192 suicides, SD has the 6th highest suicide rate in United States in 2017 (crude rate).
  - SD = 22.0 per 100,000 population
  - US = 14.5 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

Suicides, South Dakota, 2008-2017

Suicides by Age and Sex, 2008-2017

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)

†Unstable rate due to fewer than 20 deaths. Interpret with caution.
††Suppressed rate due to fewer than 5 deaths.

SD suicide surveillance report: