

## 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](https://dss.sd.gov/behavioralhealth/community/prevention.aspx) or [www.sdsuicideprevention.org](https://www.sdsuicideprevention.org)

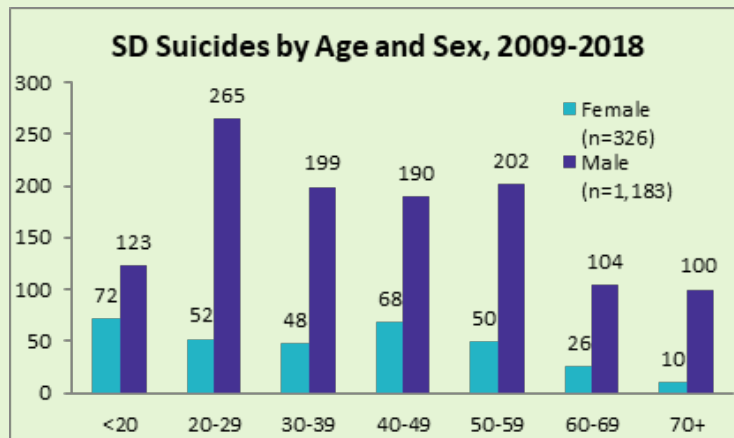
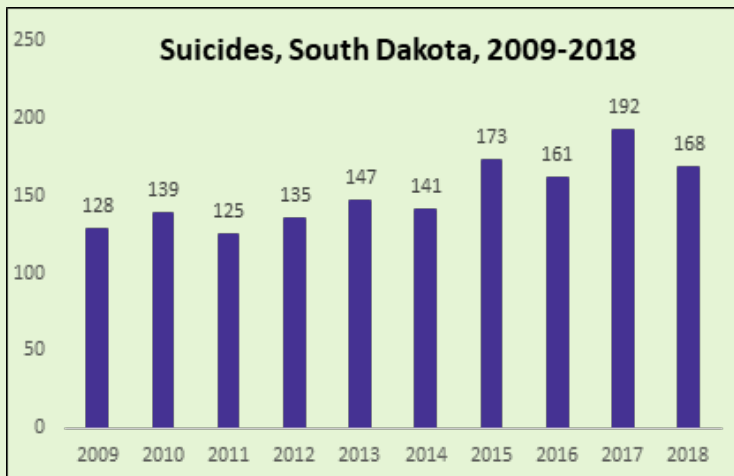


# South Dakota Suicide Facts

## Did You Know...

- Suicide is the 10th 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 168 suicides in 2018 in SD.
- 78 percent of suicides were male and 22 percent were female, 2009 - 2018
- The SD Native American suicide rate is 2.5 times higher than the SD White suicide rate for 2009 - 2018.
- SD suicide methods: firearm 49 percent, hanging 35 percent, poisoning 12 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 suicide surveillance report:

[doh.sd.gov/documents/statistics/SuicideSurveillanceJan2017.pdf](http://doh.sd.gov/documents/statistics/SuicideSurveillanceJan2017.pdf)

### SD Suicides by County, 2009-2018

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

- Aurora <5 (††)
- Beadle 25 (14.0)
- Bennett 8 (23.3†)
- Bon Homme 10 (14.3†)
- Brookings 35 (10.6)
- Brown 52 (13.7)
- Brule 7 (13.2†)
- Buffalo 14 (69.2†)
- Butte 16 (15.8†)
- Campbell 0 (0)
- Charles Mix 20 (21.6)
- Clark <5 (††)
- Clay 16 (11.5†)
- Codrington 36 (13.0)
- Corson 26 (62.8)
- Custer 21 (25.0)
- Davison 27 (13.7)
- Day 7 (12.5†)
- Deuel 5 (11.6†)
- Dewey 29 (51.3)
- Douglas <5 (††)
- Edmunds <5 (††)
- Fall River 18 (26.1†)
- Faulk <5 (††)
- Grant 10 (13.9†)
- Gregory 6 (14.3†)
- Haakon <5 (††)
- Hamlin 6 (10.1†)
- Hand <5 (††)
- Hanson <5 (††)
- Harding <5 (††)
- Hughes 32 (18.4)
- Hutchinson 5 (6.9†)
- Hyde <5 (††)
- Jackson 11 (34.6†)
- Jerauld <5 (††)
- Jones <5 (††)
- Kingsbury 12 (23.6†)
- Lake 17 (13.9†)
- Lawrence 53 (21.5)
- Lincoln 44 (8.7)
- Lyman 13 (33.7†)
- Marshall 7 (15.0†)
- McCook 6 (10.7†)
- McPherson 5 (20.5†)
- Meade 62 (23.3)
- Mellette 7 (33.7†)
- Miner <5 (††)
- Minnehaha 310 (17.1)
- Moody 12 (18.6†)
- Oglala Lakota 72 (51.0)
- Pennington 214 (20.2)
- Perkins <5 (††)
- Potter 5 (21.8†)
- Roberts 27 (26.4)
- Sanborn <5 (††)
- Spink 5 (7.7†)
- Stanley 9 (30.3†)
- Sully <5 (††)
- Todd 56 (56.2)
- Tripp <5 (††)
- Turner 11 (13.3†)
- Union 17 (11.5†)
- Walworth 10 (18.2†)
- Yankton 42 (18.6)
- Ziebach 6 (21.5†)
- TOTAL 1,509 (17.9)

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

†† Suppressed rate due to fewer than 5 deaths.

