

Suicide Prevention

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 question (s) without dread
- Do not express a 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?"

If you or someone you know is experiencing suicidal ideation, there is help. The National Suicide Prevention Lifeline is available 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

Suicide Prevention Coalitions

- **Sisseton**—Aliive-Roberts County
- **Mitchell**—Mitchell Area Suicide Prevention
- **Hot Springs**—EMPOWER
- **Spearfish**—YouthWise
- **Rapid City**—Front Porch
- **White River**—Michael Glynn Memorial
- **Watertown**—Watertown Healthy Youth
- **Sioux Falls**—Sioux Falls Suicide Prevention Task Force
- **Aberdeen**—Northern State University
- **Vermillion**—University of South Dakota

Suicide is the 9th leading cause of death in South Dakota

Please contact the Division of Behavioral Health for more information at 605-773-3123 or <http://dss.sd.gov/behavioralhealth/community/prevention.aspx>

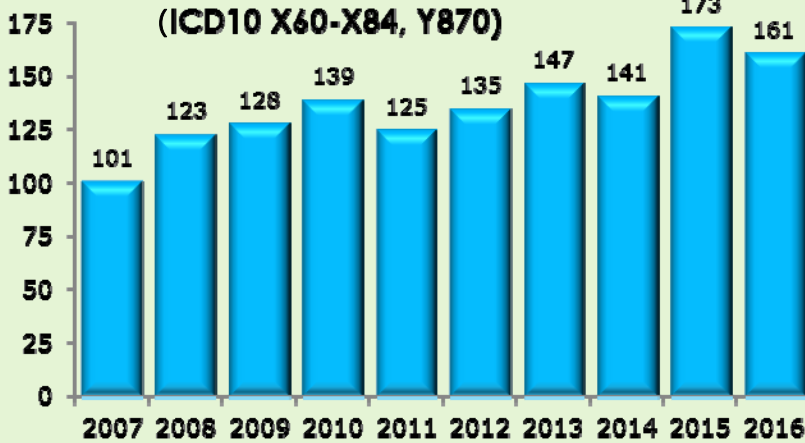
South Dakota Suicide Facts

Did You Know...

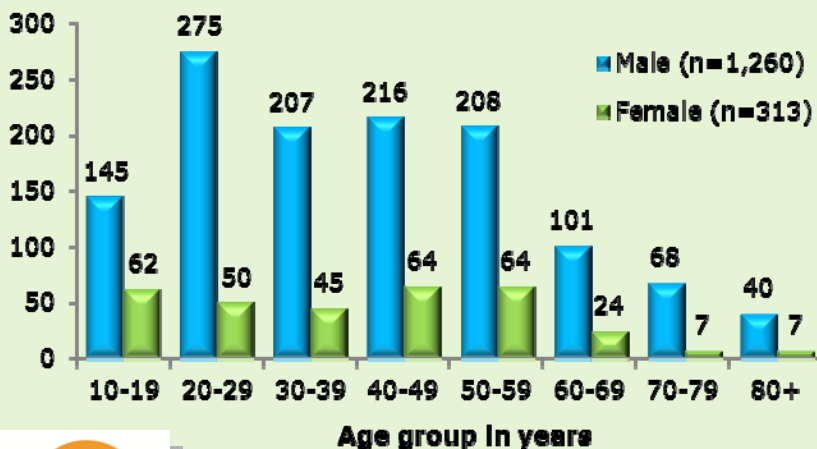
- Suicide is the 9th leading cause of death in SD, but is the 2nd leading cause in the 15-34 age group.
- SD had the 7th highest suicide rate in United States in 2015.
 - SD = 20.2 per 100,000 population
 - US = 13.9 per 100,000 population
- There were 173 suicides in 2015 in SD, the most ever reported for the state.
- 80% of suicides were male and 20% were female.
- SD American Indian suicide rate is 1.8 times higher than SD White suicide rate.
- SD suicide methods: firearm 51%, hanging 32%, poisoning 14%, and other 3%.
- 697 self-inflicted injury hospitalizations are teenagers.
- 16.1% of SD high school students considered suicide (2015, Youth Risk Behavior Surveillance System).
- 8.4% of SD high school students attempted suicide (2015, Youth Risk Behavior Surveillance System).

South Dakota Statistics

Suicides, South Dakota, 2007-2016
(ICD10 X60-X84, Y870)



SD suicides by age and sex, 2004-2015



SD suicides by county, 2004-2015

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

COUNTY Number (rate)

- | | |
|------------------------|--------------------------|
| •Aurora 4 (12.3) | •Hyde 3 (17.6) |
| •Beadle 26 (12.5) | •Jackson 11 (30.2) |
| •Bennett 9 (21.9) | •Jerauld 4 (16.1) |
| •Bon Homme 8 (9.4) | •Jones 52 (16.6) |
| •Brookings 29 (7.6) | •Kingsbury 12 (19.4) |
| •Brown 49 (11.2) | •Lake 17 (12.6) |
| •Brule 7 (11.1) | •Lawrence 51 (17.6) |
| •Buffalo 12 (52.3) | •Lincoln 44 (8.2) |
| •Butte 25 (20.6) | •Lyman 6 (13.3) |
| •Campbell 0 (0) | •Marshall 6 (10.7) |
| •Charles Mix 27 (24.6) | •McCook 8 (11.9) |
| •Clark 4 (9.0) | •McPherson 4 (13.6) |
| •Clay 15 (9.0) | •Meade 70 (22.9) |
| •Codrington 50 (15.3) | •Mellette 4 (16.3) |
| •Corson 36 (74.1) | •Miner 52 (7.0) |
| •Custer 19 (19.3) | •Minnehaha 310 (15.2) |
| •Davison 38 (16.2) | •Moody 12 (15.4) |
| •Day 7 (10.2) | •Oglala Lakota 62 (38.0) |
| •Deuel 7 (13.4) | •Pennington 211 (17.4) |
| •Dewey 31 (48.7) | •Perkins 4 (11.2) |
| •Douglas 3 (8.3) | •Potter 4 (14.3) |
| •Edmunds 4 (8.2) | •Roberts 30 (24.6) |
| •Fall River 22 (25.8) | •Sanborn 52 (7.1) |
| •Faulk 6 (21.2) | •Spink 6 (7.8) |
| •Grant 13 (14.7) | •Stanley 11 (30.9) |
| •Gregory 8 (15.6) | •Sully 4 (24.3) |
| •Haakon 3 (12.9) | •Todd 73 (63.3) |
| •Hamlin 5 (7.1) | •Tripp 6 (8.9) |
| •Hand 8 (19.4) | •Turner 10 (10.0) |
| •Hanson 3 (7.5) | •Union 15 (8.7) |
| •Harding 0 (0) | •Walworth 7 (10.7) |
| •Hughes 33 (16.2) | •Yankton 39 (14.5) |
| •Hutchinson 7 (7.9) | •Ziebach 5 (14.9) |
| | •TOTAL 1,573 (16.1) |