

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

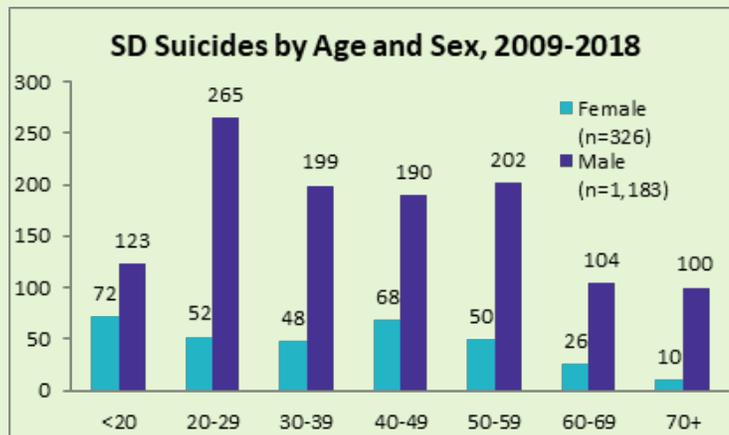
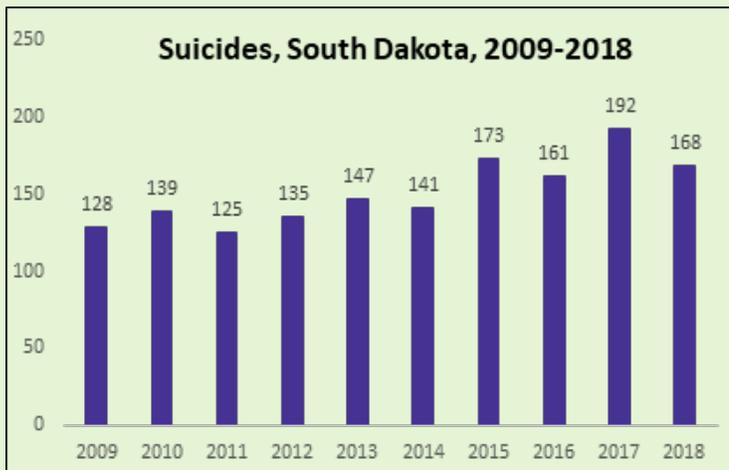


South Dakota Suicide Facts

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

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†)
- Codington 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.

