

# 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 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
- **Spearfish** | YouthWise
- **Vermillion** | University of South Dakota
- **Watertown** | Watertown Glacial Lakes SAFE
- **White River** | Michael Glynn Memorial
- **Yankton** | Lewis and Clark Behavioral Health

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).

⚠ **Did you know?**  
Suicide is the 9th leading cause of death in South Dakota

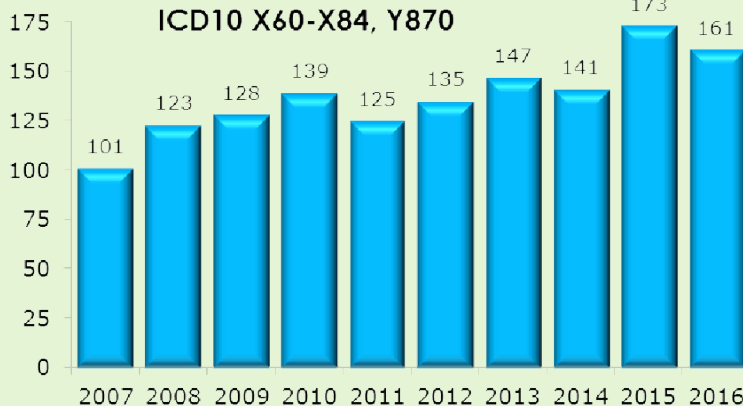
# South Dakota Suicide Facts

## Did You Know...

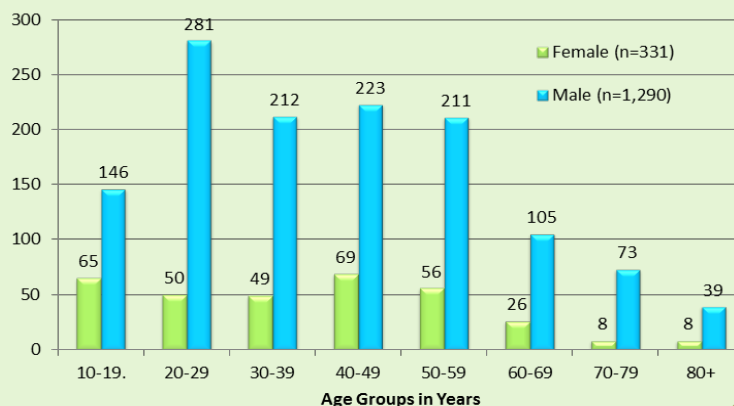
- Suicide is the 9th leading cause of death in SD, but is the 2nd leading cause among ages 15 to 34.
- With 161 suicides, SD has the 13th highest suicide rate in United States in 2016 (crude rate).
  - SD = 18.8 per 100,000 population
  - US = 13.9 per 100,000 population
- There were 173 suicides in 2015 in SD, the most ever reported for the state.
- 80 percent of suicides were male and 20 percent were female.
- The SD American Indian suicide rate is 2 times higher than the SD Caucasian suicide rate for 2005 - 2016.
- SD suicide methods: firearm 51 percent, hanging 32 percent, poisoning 14 percent and other 3 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, 2007-2016**  
ICD10 X60-X84, Y870



**SD Suicides by Age and Sex, 2005-2016**



SD suicide surveillance report:

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

### SD Suicides by County, 2005-2016

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

- |                         |                           |
|-------------------------|---------------------------|
| • Aurora <5 (†)         | • Jackson 12 (30.5*)      |
| • Beadle 27 (11.9)      | • Jerauld <5 (†)          |
| • Bennett 9 (20.2*)     | • Jones <5 (†)            |
| • Bon Homme 10 (10.9*)  | • Kingsbury 12 (17.9*)    |
| • Brookings 32 (7.7)    | • Lake 16 (11.0*)         |
| • Brown 48 (10.1)       | • Lawrence 50 (16.0)      |
| • Brule 8 (11.7*)       | • Lincoln 46 (7.9)        |
| • Buffalo 17 (68.4*)    | • Lyman 10 (20.5*)        |
| • Butte 24 (18.3)       | • Marshall 8 (13.2*)      |
| • Campbell 0 (0)        | • McCook 8 (11.0*)        |
| • Charles Mix 26 (21.9) | • McPherson 5 (15.6*)     |
| • Clark <5 (†)          | • Meade 68 (20.6)         |
| • Clay 15 (8.3*)        | • Mellette <5 (†)         |
| • Codington 51 (14.4)   | • Miner <5 (†)            |
| • Corson 31 (58.9)      | • Minnehaha 317 (14.4)    |
| • Custer 21 (19.7)      | • Moody 12 (14.2*)        |
| • Davison 37 (14.6)     | • Oglala Lakota 67 (37.9) |
| • Day 7 (9.4*)          | • Pennington 224 (17.1)   |
| • Deuel 8 (14.1*)       | • Perkins <5 (†)          |
| • Dewey 31 (45.0)       | • Potter 6 (19.8*)        |
| • Douglas <5 (†)        | • Roberts 27 (20.5)       |
| • Edmunds 5 (9.4*)      | • Sanborn <5 (†)          |
| • Fall River 20 (21.7)  | • Spink 6 (7.2*)          |
| • Faulk 6 (19.5*)       | • Stanley 12 (31.1*)      |
| • Grant 12 (12.5*)      | • Sully <5 (†)            |
| • Gregory 9 (16.2*)     | • Todd 80 (64.0)          |
| • Haakon <5 (†)         | • Tripp 6 (8.2*)          |
| • Hamlin 5 (6.5*)       | • Turner 10 (9.2*)        |
| • Hand 6 (13.5*)        | • Union 18 (9.6*)         |
| • Hanson 5 (11.5*)      | • Walworth 9 (12.7*)      |
| • Harding 0 (0)         | • Yankton 40 (13.7)       |
| • Hughes 34 (15.4)      | • Ziebach 5 (13.7*)       |
| • Hutchinson 6 (6.3*)   | • TOTAL 1,621 (15.3)      |
| • Hyde <5 (†)           |                           |

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

† Suppressed rate due to fewer than 5 deaths.

