

SOUTH DAKOTA SUICIDE PREVENTION PLAN

2020-2025



April-June 2024 Newsletter

Suicide Prevention Conference – August 1st and 2nd, 2024

The 3rd Annual South Dakota Suicide Prevention Conference will be held on August 1st and 2nd, 2024 at the Sioux Falls Convention Center! We are happy to announce Tom and Heather Cruz, Kevin Briggs, and Dr. C. Rosie Bauder as the 2024 SD Suicide Prevention Conference keynote speakers. These keynote speakers range from suicide attempt survivor to professionals in suicide research.

Registration will open in May for this **FREE** event. For more information about the conference and to read more about the keynote speakers, please visit the [South Dakota Suicide Prevention Website](#).



EVENTS

For more information or to add an event, visit the SD Suicide Prevention [Calendar](#)

April

10th – Helpline Center’s [Online Survivor of Suicide Loss Virtual Support Group](#), 6:30PM – 8:00PM, [Zoom](#)

11th – Helpline Center’s – [Free Adult Mental Health First Aid](#) 8:30AM – 5:00 PM

May

1st – SD DSS, Division of Behavioral Health – [Prevention Matters Summit](#) – Oacoma, SD 9am – 4:30pm

8th – Helpline Center’s [Online Survivor of Suicide Loss Virtual Support Group](#) 6:30PM – 8:00PM, [Zoom](#)

June

12th – Helpline Center’s [Online Survivor of Suicide Loss Virtual Support Group](#), 6:30PM – 8:00PM, [Zoom](#)

Safe Storage Materials Available

Gun locks now available! In a suicide crisis, the length of time someone seriously

contemplates suicide tends to be short-lived. Reducing access by safe storage or [means safety](#) refers to making an effort to limit or eliminate the ability for a person at risk of suicide to access the means for their suicide plan. If suicidal behaviors are detected early and access to firearms, medications or other substance and objects can be restricted during the time of crisis, a life can be saved. **What can reduce risk?** Learn to safeguard your home by restricting access to pesticides, alcohol, and other substances, safely storing over the counter and prescription medicines, and properly disposing of unused medications and using a gun safety lock on all firearms. Safeguard your home by ordering free [Gun Locks](#) or [Medication Lock Boxes](#).

49%

of suicide deaths were **firearm-related** (2013-2022)

76%

of **Veteran Suicides** are a result of **self-inflicted gunshot wounds** (2019-2022)

11%

of suicide deaths were **poisoning-related** (2013-2022)

South Dakota Suicide Prevention State Plan Survey

The state of South Dakota is looking for your input on the 2025-2030 South Dakota Suicide Prevention State Plan. This plan will identify and prioritize strategies across prevention (before crisis), intervention (during crisis) and postvention (after crisis). Please complete [this survey](#) by April 26th to share your thoughts on this important issue.

Resources

[988 Suicide & Crisis Lifeline](#)
[BeThe1SD](#)
[Helpline Center](#)
[SDSP Trainings](#)
[Behavioral Health Materials](#)
[Suicide Prevention Materials](#)

