

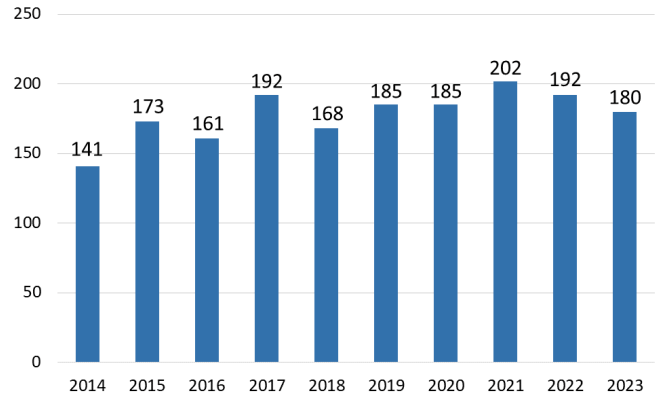
South Dakota Suicide Facts

Did You Know...

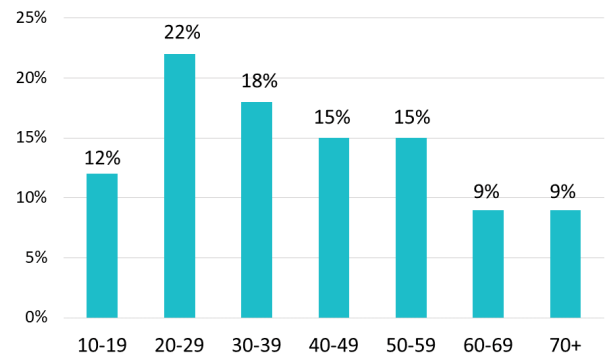
- Suicide is the 10th leading cause of death in SD, but is the leading cause among ages 10 to 29 (2022)
- SD had the 5th highest suicide death rate in the United States in 2021
 - SD = 23.4 per 100,000 population
 - US = 14.0 per 100,000 population
- There were 180 suicide deaths in 2023 in SD
- 78% of suicide deaths were male and 22% were female, 2013-2022
- Suicide Deaths by Race and Sex in SD: 73% White (59% male, 14% female), 22% American Indian (14% male, 8% female), 5% Other (4% male, 1% female) (2014-2023)
- The Native American suicide death rate is 2.7 times higher than the rate for Whites in SD for 2013-2022
- SD suicide methods: 49% firearms, 36% hangings, 11% poisoning, 4% other, 2013-2022
- 17.1% of SD high school students considered suicide (2023, Youth Risk Behavior Surveillance System)
- 8.4% of SD high school students attempted suicide (2023, Youth Risk Behavior Surveillance System)

South Dakota Statistics

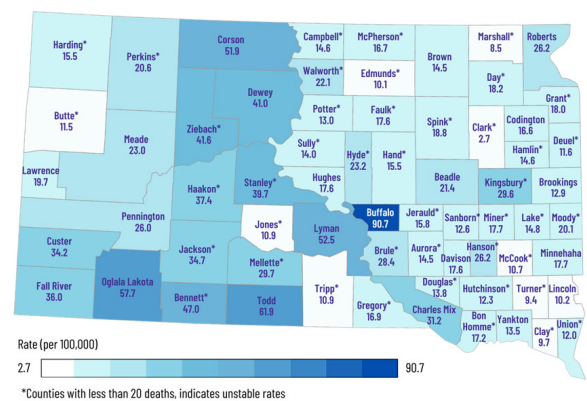
Suicide Deaths, South Dakota (2014-2023)



Suicide Deaths by Age Group



Suicide Rates by County, 2013-2023



This information is accurate as of the date it was printed. For most up-to-date information, please visit sdsuicideprevention.org or contact the Division of Behavioral Health at 605.367.5236

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
- ⚠ Lack of dreams, goals or plans for the future
- ⚠ 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
- ⚠ Giving away money or prized possessions

6 Steps to Save a Life

We can all help prevent suicide by learning six action steps:

- 1** Ask the question
- 2** Listen
- 3** Keep them safe
- 4** Be there
- 5** Help them connect
- 6** Follow-up

Suicide is preventable

Suicide is a serious public health problem that can have lasting, harmful effects on individuals, families, and communities. While its causes are complex and determined by multiple factors, the goal of suicide prevention is simple: reduce risk factors and increase factors that promote resilience. Suicide is a preventable when we all work together.

If you are considering suicide, you are not alone - please know there is help available. The Suicide and Crisis Lifeline is available 24 hours a day, 7 days a week. The service is available to anyone and all calls are confidential.

988

Call. Text. Chat.

The Suicide and Crisis Lifeline can be called or texted at 988 or use the chat feature available at <https://988lifeline.org/>.

988
SUICIDE & CRISIS
LIFELINE

SDSP
SOUTH DAKOTA
SUICIDE PREVENTION

**SD BEHAVIORAL
HEALTH**

Department of Social Services



SOUTH DAKOTA
DEPARTMENT OF HEALTH

South Dakota Suicide Data & Reports:
<https://doh.sd.gov/health-data-reports/injury-prevention/suicide-data-reports/>