



Rebuilding
Lives by

Restoring
Minds

Traumatic events are hard to comprehend or accept.
If you're experiencing emotional distress that's
difficult to manage, know that help is here.

Call, Text, Chat 988 or Visit
SDBehavioralHealth.gov

988

SUICIDE & CRISIS
LIFELINE


helpline
center

SDSP
SOUTH DAKOTA
SUICIDE PREVENTION