

Email Message

Our hearts are broken from the news of recent suicides in our community. When someone dies by suicide, it leaves a ripple of grief and confusion. And when multiple suicides occur, as with a suicide cluster, that impact is magnified.

As we cope with devastating loss, it's important to remember the facts. While some may believe talking about suicide makes it worse, the opposite is actually true. Open communication helps diminish feelings of fear and encourages someone who may be contemplating suicide to get help.

Please refer to and share these resources in this difficult time:

- Know the warning signs of suicide: <https://sdsuicideprevention.org/get-help/warning-signs/>
- Check in with yourself and those around you. Ask people how they're doing, support each other and take time away to process these events. It's okay to ask for help.
- If you're concerned that someone in your life might be thinking of suicide, call, text or chat 988 for resources and guidance. In a safe space, it's okay to ask someone if they're thinking of suicide. Then stay with them and keep them safe until you can contact help together.
- Find help to deal with your grief through counseling or support groups: <https://sdsuicideprevention.org/survivors/survivor-support-groups-in-south-dakota/>
- **ORGANIZATION CAN ALSO ADD OTHER RESOURCES FOR COPING SUCH AS ON-SITE COUNSELING SERVICES, GROUPS, VIGILS, ETC. HERE.**

Finally, if you're having suicidal thoughts or feelings of hopelessness, know that you're not alone. These feelings are temporary, and your life has value. Call, text or chat the 988 Lifeline for free, confidential help from a local professional. **(CAN ALSO INCLUDE ADDITIONAL LOCAL RESOURCES OR OPTIONS LIKE ONSITE COUNSELING, ETC.)**

It's important to break the silence on suicide. Together, we can get through this. There is hope.