**JULY- SEPTEMBER 2025** 

https://www.sdsuicideprevention.org/

# SD SUICIDE PREVENTION NEWSLETTER

# National Minority Mental Health Awareness Month

Month, a time to raise awareness about the unique mental health challenges faced by racial and ethnic minority communities in the United States. In South Dakota, Native American communities are especially impacted, experiencing suicide rates that are 2.6 times higher than the white population. Find Native American specific resources and information

ons/american-indian By shining a light on these urgent concerns during Minority Mental Health Awareness Month, we can better uplift and support culturally care and equity.

## **Suicide Prevention Month**

September is Suicide Prevention Month, a dedicated time to raise awareness about mental health and the importance of suicide prevention. Throughout the month, individuals, communities, and organizations unite to foster understanding, provide support, and share vital resources aimed at saving lives. It's a powerful reminder that mental health matters and that by opening up conversations, offering compassion, and reducing stigma, we can create a supportive environment where people feel safe to seek help.

affected by suicide. Everyone has a role to play—by listening, reaching out, and showing care, we can help prevent suicide and support those who may be struggling.

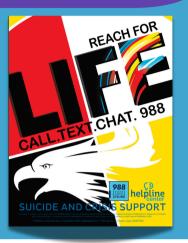
To amplify your efforts, make use of the SD Behavioral Health Suicide Prevention Month Toolkit which offers a variety of resources including social media content, blog and image assets, HR hope, raise awareness, and save lives.

# Honoring a Year of Hope & Healing with 988



The Division of Behavioral Health partnered with the Helpline Center to create an art installation. The installation featured over 13,000 sticky notes, each one representing a call, text, or chat received through the 988 crisis line in 2024. The installation, inspired by positive affirmations, aimed to destigmatize encourage open conversation. The installation was up throughout the month of May, for Mental Health To hear real stories from South Dakotans

that have contacted 988 or to leave a https://sdbehavioralhealth.gov/988-wall





## **EVENTS**

For more information or to add an event. Visit the SDSP Calendar

### Julv

10<sup>th</sup> - Helpline Center's <u>Mental</u> Health First Aid training, 8:30AM -5:00 PM, Sioux Falls

#### August

3<sup>rd</sup> & 4<sup>th</sup> - "Your Journey Matters" Behavioral Health Conference -Sioux Falls <u> 18<sup>th</sup> - Helpline Center's <u>QPR</u></u>

(Question, Persuade, Refer), 10:00AM - 11:30AM, Rapid City 19<sup>th</sup>& 20<sup>th</sup> -<u>Helpline Center's</u> Mental Health First Aid training, 9:00AM - 1:00PM, Rapid City

### September

6<sup>th</sup> - AFSP's Out of Darkness Walk - Aberdeen 6<sup>th</sup> - Capital Area Counseling Service's Walk of Hope - Pierre 9<sup>th</sup> - Helpline Center's Surviving After Suicide Class - Sioux Falls 13th - AFSP's Out of Darkness Walk - Sioux Falls 20<sup>th</sup> - AFSP's Out of Darkness Walk - Belle Fourche

For information on Survivor Support Groups in various communities across South Dakota, click <u>here</u>.

## Save the Date!

The 2025 "Your Journey Matters" Behavioral health conference will be held August 4<sup>th</sup> & 5<sup>th</sup> at the Sioux Falls Convention Center. Registration closes July 25<sup>th</sup>, so register today to secure your spot! For more information and to register, click the graphic below.



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