

SD SUICIDE PREVENTION NEWSLETTER



National Minority Mental Health Awareness Month

July is recognized as Minority Mental Health Awareness 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 here: <https://www.sdsuicideprevention.org/risks/populations/american-indian> By shining a light on these urgent concerns during Minority Mental Health Awareness Month, we can better uplift and support culturally diverse and high-risk groups in need of mental health 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.

This month is an important opportunity to educate, advocate, and show solidarity with those 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 email templates, and printable materials. If you would like to be involved in a walk or event in your community for, see the list under "Events". Let's come together this September to spread 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 mental health, promote resilience, and encourage open conversation. The installation was up throughout the month of May, for Mental Health Awareness Month.

To hear real stories from South Dakotans that have contacted 988 or to leave a digital note of support, visit <https://sdbehavioralhealth.gov/988-wall>

EVENTS

For more information or to add an event, Visit the [SDSP Calendar](#)

July

10th - Helpline Center's [Mental Health First Aid training](#), 8:30AM - 5:00 PM, Sioux Falls

August

3rd & 4th - ["Your Journey Matters" Behavioral Health Conference](#) - Sioux Falls
18th - Helpline Center's [QPR \(Question, Persuade, Refer\)](#), 10:00AM - 11:30AM, Rapid City
19th & 20th - [Helpline Center's Mental Health First Aid training](#), 9:00AM - 1:00PM, Rapid City

September

6th - [AFSP's Out of Darkness Walk](#) - Aberdeen
6th - [Capital Area Counseling Service's Walk of Hope](#) - Pierre
9th - [Helpline Center's Surviving After Suicide Class](#) - Sioux Falls
13th - [AFSP's Out of Darkness Walk](#) - Sioux Falls
20th - [AFSP's Out of Darkness Walk](#) - Belle Fourche

For information on Survivor Support Groups in various communities across South Dakota, click [here](#).

Save the Date!

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

