

SOUTH DAKOTA 2020-2025 SUICIDE PREVENTION PLAN



July - September 2024 Newsletter

September is Suicide Prevention Month

September is widely recognized as Suicide Prevention Month, a time dedicated to raising awareness about mental health and suicide prevention. During this month, communities, organizations, and individuals come together to promote understanding, offer support, and share resources aimed at preventing suicide.

It serves as a poignant reminder of the importance of mental health awareness and the impact of supporting those who may be struggling with thoughts of suicide. Through education, advocacy, and outreach efforts, September encourages open conversations about mental health, reducing stigma, and fostering a supportive environment where individuals feel safe seeking help. It is a crucial opportunity to unite in solidarity, emphasizing that suicide is preventable and that everyone can play a role in saving lives by offering compassion, understanding, and support. Utilize the SD Behavioral Health Suicide Prevention Month [Toolkit](#) to help promote Suicide Prevention Month. There are many resources that can be utilized in this toolkit, such as social media posts, blog and social media images, HR emails and print materials.



EVENTS

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

July

18th – Helpline Center’s – [Surviving After Suicide In-Person Support Group](#), 7:00pm -8:30pm,

August

1st-2nd – [South Dakota Suicide Prevention Conference](#), Sioux Falls Convention Center, Sioux Falls

14th – Helpline Center’s [Online Survivor of Suicide Loss Virtual Support Group](#), 6:00pm – 7:30pm, [Zoom](#)

15th - Helpline Center’s – [Surviving After Suicide In-Person Support Group](#), 7:00pm -8:30pm

September

7th – American Foundation for Suicide Prevention’s Out of Darkness Community Walk – [Aberdeen](#), 9:00am

8th – Foundation of Hope’s [Walk of Hope \(WoH\)](#), Pierre, 2:00pm

11th - Helpline Center’s [Online Survivor of Suicide Loss Virtual Support Group](#), 6:00pm – 7:30pm, [Zoom](#)

14th – American Foundation for Suicide Prevention’s Out of Darkness Community Walk – [Belle Fourche](#), 8:00am

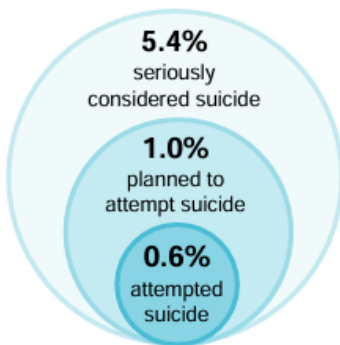
14th – American Foundation for Suicide Prevention’s Out of Darkness Community Walk – [Huron](#), 12:00pm

19th - Helpline Center’s – [Surviving After Suicide In-Person Support Group](#), 7:00pm -8:30pm

21st – American Foundation for Suicide Prevention’s Out of Darkness Community Walk – [Sioux Falls](#), 12:00pm

2024 Epidemiological Outcomes Executive Summary

South Dakota

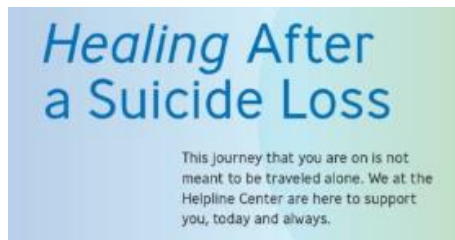


The Epidemiologist at the Department of Social Services, Division of Behavioral Health, has finalized the state [Epidemiological Outcomes Executive Summary](#). Through this report, there are comparisons of South Dakota, the Midwest, and the United States of Suicidal Ideation and Suicidal Behaviors. This report gives a clear picture on how suicide rates in the state of South Dakota compares to the rest of the United States. This document is a great resource of knowledge that can be utilized to gain a greater understanding of the needs that communities may have.

Survivor Resources

Exploring the Truths about Suicide Grief

Closely following the death, many survivors are encouraged to “get back to normal.” We are taught to move on from death because many people are uncomfortable with grief and mourning. However, healing at your own pace, on no particular schedule is valid. Minimizing our grief leads to further, deeper isolation in the journey. Acknowledging and accepting the loss are the only things that will truly let you weave your suicide loss into the fabric of your life. In order to heal in grief, you must be open to feeling your grief. Honoring and acknowledging special days can bring you peace, whether you do it individually or in the company of supportive friends. The anticipation of upcoming important dates can come with anxiousness or fear, that is normal. It is common for there to be more stress over what you imagine yourself feeling, yet when the actual date comes it provides you a sense of relief. More grief resources can be found through the [Helpline Center](#).



RESOURCES

- [988 Suicide & Crisis Lifeline](#)
- [BeThe1SD](#)
- [Suicide Survivor Resources](#)
- [SDSP Trainings](#)
- [Behavioral Health Materials](#)
- [Suicide Prevention Materials](#)

