

# SD SUICIDE PREVENTION NEWSLETTER



## New Year, New Plan

### 2025 -2030 South Dakota Suicide Prevention State Plan

In January the new 2025-2030 South Dakota Suicide Prevention State Plan will be rolled out. The four objectives of the state plan are data, education and training, communications, and community engagement. Four populations of focus have been identified including, workers in trade industries, American Indians, youth and young adults and service members, veterans, and their families (SMVF).

Some of the 5 year outcomes to highlight are:

- Since 2021, 18 communities have been identified as high-risk through the Data to Action workgroup, and due to local response 14 have been able to move away from the high-risk designation.
- Since 2020, 19,551 individuals have been trained in community helper trainings that teach suicide risk and referrals.
- 6,217 gun locks and means safety information have been disseminated since March 2024.
- The number of calls to the 988 Suicide and Crisis Lifeline increased from 3,811 (2020) to 12,072 (2024) in South Dakota.
- Notes to Self" campaign launched in 2023 to encourage mental health self-care and support for others.
- South Dakota joined the Governor's Challenge in 2023 to support Service Members, Veterans, and their Families (SMVF) through improved resource access and means safety.

To see more data and outcomes, click [here](#).

## EVENTS

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

### January

8th – Helpline Center's [Online Survivor of Suicide Loss Virtual Support Group](#), 6:00pm – 7:30pm, [Zoom](#)

14th – Helpline Center's [Adult Mental Health First Aid Training](#), 8:30am – 5:00pm, Sioux Falls

16th – Helpline Center's – [Surviving After Suicide In-Person Support Group](#), 7:00pm -8:30pm, Sioux Falls

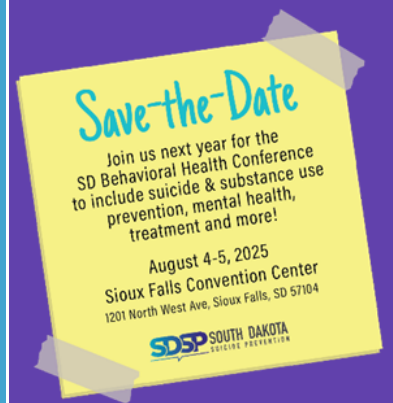
23rd – Helpline Center's [Question, Persuade, Refer Training](#), 9:00am – 11:00am, Sioux Falls

### February

12th – Helpline Center's [Online Survivor of Suicide Loss Virtual Support Group](#), 6:00pm – 7:30pm, [Zoom](#)

20th - Helpline Center's – [Surviving After Suicide In-Person Support Group](#), 7:00pm -8:30pm, Sioux Falls

Helpline Center - 3817 S Elmwood Ave, Sioux Falls, SD 57105



## Self-Injury Awareness Day March 1st, 2025

Non-Suicidal Self Injury Awareness and Safety Planning

March 1st is Self Injury Awareness Day and is a vital opportunity to raise awareness, reduce stigma, and provide support for those who struggle with self-harm. It's a day to recognize that healing is possible and that people are not alone in their journey. By promoting open conversations and understanding, we can create safe, compassionate spaces.

Safety planning is crucial in times of crisis, offering coping strategies and support systems that help individuals manage urges and stay safe. It is recommended that a safety plan is filled out with a licensed credentialed professional. A free [Safety Plan template](#) is available for download.

Together, we can build a community of hope, healing, and empowerment for those affected.

## PsychArmor

Education for the SMVF Population



PsychArmor's courses are for those who interact with Service Members, Veterans, and their Families. These courses provide valuable education on military culture including suicide prevention, military values, transitions and more. The platform is self-paced and offers the knowledge and skills to engage meaningfully with the SMVF community personally and professionally. The platform has over 200 trainings and resources to understand the SMVF community and provide culturally competent care offered at no-cost in South Dakota. If you are interested in being added to the platform, scan the QR above.

