

VETERAN

Suicide in South Dakota



Although there has been increased focus and effort on suicide prevention in the military, suicide continues to impact veterans and their families. Factors that might contribute to higher suicide rates among veterans and their families include sustained exposure to combat, traumatic brain injury, post-traumatic stress disorder, traumatic loss, sexual assault or abuse, chronic pain, depression, anxiety, financial issues, and divorce or relationship issues.

WARNING SIGNS

- Talking about being a burden
- Being isolated
- Increased anxiety
- Increased substance use
- Looking for a way to access lethal means
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

988

SUICIDE & CRISIS
LIFELINE



RESOURCES

- Veterans and their loved ones can chat online at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)*, call **988** then **Press 1**, or **text 838255** to receive free, confidential support 24/7.
- Veterans and their families can **call 1-877-WAR-VETS (927-8387)** to talk with fellow Veterans.
- Are you looking for help in encouraging a Veteran to get support or mental health care? **Call 888-823-7458**. Licensed psychologists and social workers offer guidance and help for starting conversations with the Veteran in your life.
- The **South Dakota Suicide Prevention (SDSP) website** serves as a resource hub for those seeking help, resources, data and free suicide prevention training and materials. The platform is multi-agency collaboration meant to serve the needs of all South Dakotans to reduce the stigma of behavioral health needs and the prevalence of death by suicide. To visit the South Dakota Suicide Prevention website, go to sdsuicideprevention.org or scan the QR code on the right.
- If you or someone you know is experiencing mental health-related distress, suicide crisis, or substance use, **contact 988**.



15%

Veterans accounted for approximately **15% of SUICIDES** in South Dakota (2019-2022)

68%

Two-thirds (68%) of Veteran **SUICIDES** are among individuals aged **50 years & older** (2019-2022)

76%

Self-inflicted gunshot wounds accounted for 76% of Veteran **SUICIDES** (2019-2022)

SDSP

SOUTH DAKOTA
SUICIDE PREVENTION

SDSuicidePrevention.org

988 Call. Text. Chat.