

## Warning Signs

- ⚠ Threatening to hurt or kill oneself
- ⚠ Seeking access to means to harm self
- ⚠ Talking, writing or posting on social media about death, dying or suicide
- ⚠ Feeling hopeless
- ⚠ Feeling worthless or feeling a lack of purpose
- ⚠ Acting recklessly or engaging in risky activities
- ⚠ Feeling trapped
- ⚠ Increasing alcohol or drug use
- ⚠ Withdrawing from family, friends or society
- ⚠ Demonstrating rage and anger or seeking revenge
- ⚠ Dramatic changes in mood

## 6 Steps to Save a Life

We can all help prevent suicide by learning six action steps:

- 1** Ask the question
- 2** Listen
- 3** Keep them safe
- 4** Be there
- 5** Help them connect
- 6** Follow-up

## Suicide is preventable

Suicide is a serious public health problem that can have lasting, harmful effects on individuals, families, and communities. While its causes are complex and determined by multiple factors, the goal of suicide prevention is simple: reduce risk factors and increase factors that promote resilience. Suicide is a preventable when we all work together.

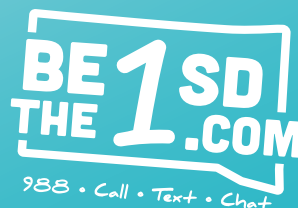
If you are considering suicide, you are not alone - please know there is help available. The Suicide and Crisis Lifeline is available 24 hours a day, 7 days a week. The service is available to anyone and all calls are confidential.

**988**

**Call. Text. Chat.**

The Suicide and Crisis Lifeline can be called or texted at 988 or use the chat feature available at

<https://988lifeline.org/>.



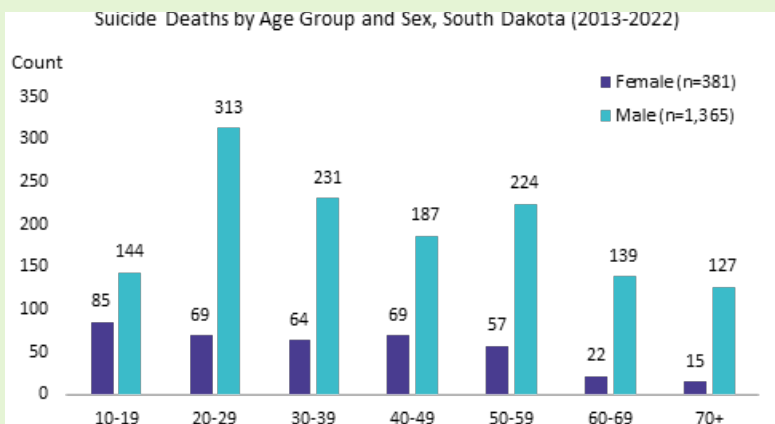
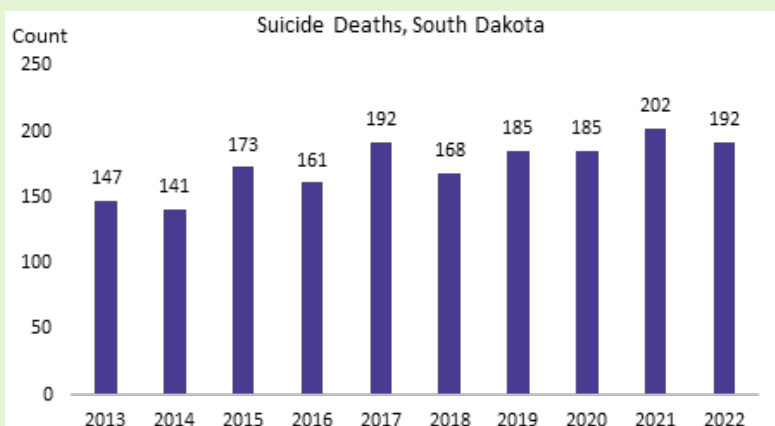
This information is accurate as of the date it was printed. For most up-to-date information, please visit [dss.sd.gov](https://dss.sd.gov) or contact the Division of Behavioral Health at 605.367.5236

# South Dakota Suicide Facts

## Did You Know...

- Suicide is the 10th leading cause of death in SD, but is the leading cause among ages 10 to 19 (2022)
- SD had the 5th highest suicide death rate in the United States in 2021
  - SD = 23.4 per 100,000 population
  - US = 14.0 per 100,000 population
- There were 192 suicide deaths in 2022 in SD
- 78% of suicide deaths were male and 22% were female, 2013-2022
- The Native American suicide death rate is 2.7 times higher than the rate for Whites in SD for 2013-2022
- SD suicide methods: firearm 49%, hanging 36%, poisoning 11% 2013-2022
- 21.5% of SD high school students considered suicide (2021, Youth Risk Behavior Surveillance System)
- 11.9% of SD high school students attempted suicide (2021, Youth Risk Behavior Surveillance System)

## South Dakota Statistics



### SD Suicides by County, 2013-2022

(Crude Rate: suicides per 100,000 population per year)

- Aurora <5 (++)
- Beadle 37 (20.0)
- Bennett 14 (40.9+)
- Bon Homme 12 (17.2+)
- Brookings 43 (12.5)
- Brown 59 (15.3)
- Brule 14 (26.5+)
- Buffalo 16 (80.1+)
- Butte 11 (10.6+)
- Campbell <5 (++)
- Charles Mix 31 (33.3)
- Clark <5 (++)
- Clay 14 (9.8+)
- Codington 48 (17.1)
- Corson 22 (53.8)
- Custer 28 (32.2)
- Davison 34 (17.1)
- Day 11 (20.0+)
- Deuel 5 (11.6++)
- Dewey 23 (40.7)
- Douglas <5 (++)
- Edmunds <5 (++)
- Fall River 22 (32.0+)
- Faulk <5 (++)
- Grant 13 (18.0+)
- Gregory 7 (16.8+)
- Haakon 8 (42.6+)
- Hamlin 10 (16.4+)
- Hand 5 (15.4+)
- Hanson 8 (23.3+)
- Harding <5 (++)
- Hughes 31 (17.6)
- Hutchinson 8 (10.9+)
- Hyde <5 (++)
- Jackson 12 (37.4+)
- Jerauld <5 (++)
- Jones <5 (++)
- Kingsbury 17 (33.7+)
- Lake 20 (16.3+)
- Lawrence 52 (20.3)
- Lincoln 59 (10.0)
- Lyman 18 (47.0+)
- Marshall 6 (12.7+)
- McCook 7 (12.5+)
- McPherson <5 (++)
- Meade 70 (24.7)
- Mellette 5 (24.5+)
- Miner <5 (++)
- Minnehaha 331 (17.3)
- Moody 13 (20.1+)
- Oglala Lakota 81 (57.4)
- Pennington 269 (24.2)
- Perkins 7 (23.9+)
- Potter <5 (++)
- Roberts 28 (27.2)
- Sanborn <5 (++)
- Spink 10 (15.6+)
- Stanley 13 (43.1+)
- Sully <5 (++)
- Todd 61 (61.4)
- Tripp 6 (10.9+)
- Turner 13 (15.4+)
- Union 19 (12.1)
- Walworth 11 (20.2+)
- Yankton 30 (13.1)
- Ziebach 11 (40.8+)
- TOTAL 1,746 (19.9)

SD suicide surveillance report:

[https://doh.sd.gov/documents/Prevention/SDSP\\_2022SuicideSurveillanceReport.pdf](https://doh.sd.gov/documents/Prevention/SDSP_2022SuicideSurveillanceReport.pdf)



SOUTH DAKOTA DEPARTMENT OF HEALTH

+ Unstable rate due to fewer than 20 deaths. Interpret with caution.

++ Suppressed rate due to fewer than 5 deaths.

\*ICD-10-CM: X60-X84, Y870