

SD SUICIDE PREVENTION NEWSLETTER



Suicide Prevention in the Workplace

The workplace is where a majority of adults spend their waking hours. South Dakota's workforce accounted for 79% of suicide deaths in 2024. Work-related stress, isolation, and burnout can contribute to an employee's mental health challenges. Employers have a responsibility to recognize early signs of emotional distress and to create a stigma-free, supportive environment to open conversations about mental health are encouraged.

What can employers do to prevent suicide in the workplace?

- Help spread awareness of suicide prevention resources that are located in South Dakota. The [SD Suicide Prevention Workforce page](#) is a one stop resource for employers looking for more information on suicide prevention. Resources include profession specific resources, wellbeing assessment and more.
- Start the conversation with a [ready for use toolkit](#), that has been created for business to utilize.
- Learn the warning signs and how to intervene, by hosting a [suicide prevention training](#) in your workplace.



Click the image to learn more.

EVENTS

For more information or to add an event, Visit the SDSP Calendar

October

16th - 17th - [NAMI South Dakota 2025 Conference](#)

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

REMEMBER!

With hunting season quickly approaching, as a suicide prevention effort, it is a good time to think about how firearms are stored in your home. Gun locks are available, free of charge through the [SDSP website](#).

Safeguard your home this hunting season



To learn more about suicide prevention trainings or to request a training in your community or organization, [click here](#).

To order print or swag materials at no cost, [click here](#).

2025 Epidemiological Outcomes Executive Summary

The [Epidemiological Outcomes Executive Summary](#) has been published. This report presents a comparative analysis of suicidal ideation and behaviors across South Dakota, the Midwest, and the United States. The Executive Summary offers a clear overview of how suicide rates in South Dakota align with or differ from nation wide trends. The Executive Summary serves as a great resource for understanding community needs and can help inform targeted prevention and intervention efforts. Importantly, the data underscores the rising rates of suicide among males, a trend that warrants attention and tailored strategies. Leveraging this data for informed, evidence-based decision making is essential to effectively allocate resources, design impactful programs, and ultimately save lives.

Veteran Buddy Checks – October 20th – 24th

Veteran Buddy Check Week encourages Veterans to connect or reconnect with their Veteran friends - just to check in. This week aims to enhance peer-to-peer connections, improve mental health, and increase access to resources. You can find information, Veteran resources and sample scripts at the [SD Suicide Prevention website](#). Veterans can also call 988 and press 1 for the Veterans Crisis Line, chat [online](#) or send a text message to 838255 to receive free, confidential support.

