



Suicide Among **CONSTRUCTION & MANUFACTURING WORKERS** *in South Dakota*

The construction and manufacturing workforce in South Dakota is experiencing a higher prevalence of suicide than any other industry. **From 2019-2023, these two industries accounted for approximately 23% of suicide deaths in South Dakota.** These challenging and physically demanding jobs, along with work-related stress due to seasonal work, demanding schedules, and workplace injuries can impact the mental health of this workforce.

WARNING SIGNS

- Making plans for suicide
- Talking or posting about wanting to die
- 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
- Decreased work performance and/or attendance
- Any sudden, dramatic changes in behavior

988

SUICIDE & CRISIS
LIFELINE

BUILDING A SAFER FUTURE

- Create a workplace culture of health and safety
- Lead with compassion and foster a supportive environment
- Share resources that address workplace stress and mental health
- Implement workplace policies for wellbeing
- Establish crisis response protocols
- Encourage employees to connect and support one another

RESOURCES

- If you or someone you know is experiencing mental health-related distress, suicide crisis, or substance use, **call, text, or chat 988.**
- 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 <https://www.sdsuicideprevention.org/> or scan the QR code on the right.**



48%
**of construction
& manufacturing**
suicide deaths are
among 20–39-year-
olds
(2019-2023)

54%
of suicide deaths
were firearm-related
and
35%
were suffocation/
hanging-related
(2019-2023)

SDSP
SOUTH DAKOTA
SUICIDE PREVENTION

[SDSuicidePrevention.org](https://www.SDSuicidePrevention.org)

988 Call. Text. Chat.