

LIGATURE SAFETY

SUFFOCATION AND STRANGULATION PREVENTION IN SOUTH DAKOTA

A ligature risk refers to any place, object or fixture in an environment where a person could attach material to harm themselves, particularly through methods such as hanging or strangulation. Understanding ligature risks is essential for preventing self-injury and suicide, particularly in settings where individuals may be experiencing emotional distress, behavioral health challenges, or impaired judgment.

WARNING SIGNS

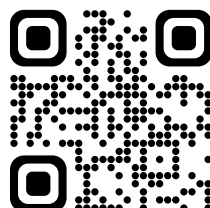
- Ligature risks can be found in everyday items and are not always obvious. Even seemingly harmless objects—such as door handles, plumbing fixtures, or window coverings—can be used in dangerous ways under the right conditions.
- Awareness of:
 - loved one's talk of feeling hopeless, trapped, in pain or a burden to others.
 - behaviors that show signs of crisis such as use of substances, acquiring means, isolation, aggression or chronic fatigue.
 - displays of changes in mood such as depression, anxiety, irritability and anger.

RESOURCES

- 988 Suicide & Crisis Lifeline is available 24/7 via call, text and chat for any suicidal, emotional distress, or substance use crisis.
- Free trainings available on means safety and suicide prevention through the [SD Suicide Prevention website](#) or by scanning the QR code to the right.

988

SUICIDE & CRISIS
LIFELINE



35%

of suicide deaths were
**hanging/strangulation/
suffocation-related**
(2015-2024)

28%

of hanging/strangulation/
suffocation suicide deaths
were among **adults aged 20-
29 years** (2015-2024)

44%

of hanging/strangulation/
suffocation suicide deaths
were among **American
Indians** (2015-2024)

SDSP
SOUTH DAKOTA
SUICIDE PREVENTION

SDSuicidePrevention.org

988 Call. Text. Chat.

10/2025