

January - March 2026

# South Dakota Suicide Prevention Newsletter

## Means Safety Updates

There have been updates made to the SDSP's Secure Storage webpage. These updates include adding two new infographics, one on Ligature Safety and another on Safe Medication Storage & Disposal. A Means Safety brochure has also been created and is available on the webpage. To access these new infographics and the brochure, visit the [SDSP Secure Storage page](#).

In March 2024, South Dakota launched gun lock dissemination efforts after recognizing that most suicide deaths in the state involve firearms. Since then, 10,480 gun locks have been distributed statewide to reduce immediate access to lethal means during moments of crisis. Click [here](#) to order gun locks.

## An announcement from SDSP!

The current SDSP Listserv is used only a few times each year. Beginning in 2026, expect more regular updates coming from the SDSP Listserv. Providers may use the Listserv to promote events and trainings, as well as share important updates from their organizations.

If you have information you would like included in an upcoming Listserv, click [here](#). If you are not currently subscribed to the SDSP Listserv, you can [subscribe here](#).

## Suicide in Blue Collar Industries

Suicide is a serious concern in South Dakota, with higher risk seen in blue-collar fields such as construction, manufacturing, and agriculture. Construction and manufacturing account for the highest percentage of suicide deaths by occupation in South Dakota. Factors like physical strain, seasonal work, isolation, and economic stress can take a toll on workers' mental health. Raising awareness and supporting access to mental health resources are critical for protecting the well-being of these workers and their families. These industries can reduce stigma and promote suicide prevention by offering trainings, education and resources. For more information, to request materials or a training, please visit the [SDSP website](#).

### Means Safety

Reducing Risk  
of Suicide

SDSP SOUTH DAKOTA  
SUICIDE PREVENTION

## Events

For more information or to add an event, visit the [SDSP Events Page](#)

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

**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

**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](http://SDSuicidePrevention.org)

988 Call, Text, Chat

Click the infographic above for more information on Suicide in the Construction and Manufacturing industries.

## Save the Date

2026 South Dakota  
Behavioral Health  
Conference

August 11 - 12  
Sioux Falls Convention Center

This comprehensive behavioral health conference will offer information related to suicide and substance misuse prevention, treatment, recovery supports, and reducing stigma.

CEUs are available. Registration will open in May.

For more information, scan the QR code to visit [SDBehavioralHealth.gov/conference](https://SDBehavioralHealth.gov/conference).

**SD BEHAVIORAL  
HEALTH**  
Department of Social Services

