

# South Dakota Suicide Prevention Newsletter

## May is Mental Health Awareness Month

May is a time to prioritize mental well-being, reduce stigma, and remind ourselves and others that support is always available. Mental health is an essential part of overall health, and taking time to check in with ourselves, our coworkers, friends, and family.

Throughout the month, you are encouraged to explore and share resources from [South Dakota Suicide Prevention](#) and [South Dakota Division of Behavioral Health](#). These websites offer a variety of free toolkits, downloadable materials, and outreach content designed for individuals, workplaces, schools, and communities.

Available resources include:

- Prevention and response toolkits with ready-to-use social media posts, posters, and educational materials
- Print and swag materials
- School, workplace, and community-focused guides to support mental wellness
- Information on recognizing warning signs and how to start supportive conversations
- Safety planning tools and guidance for helping someone in crisis

If you or someone you know needs immediate support, help is available 24/7 by calling, texting, or chatting 988, which connects you to trained, professional through the Helpline Center.

This May, let's work together to normalize conversations, share resources, and remind one another that help and hope are always within reach.

## 2026 SD Behavioral Health Conference

Join us for "Your Journey Matters," a statewide conference highlighting critical behavioral health efforts in South Dakota. The conference will be held at the Sioux Falls Convention center on Tuesday and Wednesday, August 11th - 12th, 2026. At the conference, you will learn more about prevention, treatment, recovery supports, burnout, compassion fatigue and at-risk populations in South Dakota when it comes to behavioral health.

Interested in being a vendor? Applications are available [here](#) and must be received by Friday, May 15th. For additional information on speakers and conference information including hotel reservations, visit <https://sdbehavioralhealth.gov/conference>.

## 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](#).

SD Behavioral Health



SDSP



Scan the QR codes to visit the SDSP and SDBH sites.

## 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).



## Keynote Speakers



Dennis Gillan



Lauren Sisler

Third keynote speaker to be announced at a later date. Stay tuned!

