

YOUTH

Suicide in South Dakota

Youth experience a lot of changes and stress from many sources, including relationships with friends and family members and problems at school. Factors that might contribute to poor mental health or put youth at higher risk of suicide include a recent or serious loss, alcohol or other substance use, lack of social support, stigma, and bullying.

WARNING SIGNS

- Talk about suicide or dying
- Talk about being a burden
- Lack of interest in activities
- Drops out of or misses clubs, practices, classes, or school
- Grades slip or become indifferent
- Withdrawal or aggression after a break-up or painful event
- Texts and social media posts that are disturbing in nature or sudden shut down of accounts
- Artwork or written entries about death or dying

988

SUICIDE & CRISIS
LIFELINE

WHAT CAN REDUCE RISK?

- Building supportive and strong relationships
- Access to confidential mental health care
- Involvement in group activities and positive school experiences
- Good coping and problem-solving skills
- Secure storage of firearms and medications

RESOURCES

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



2ND LEADING CAUSE of DEATH

In 2024, **SUICIDE** was the **2nd Leading Cause of Death** among Youth ages 10 to 19 in South Dakota

9X

American Indian youth **SUICIDE** death rates are **9 times higher** than White youth death rates (2015-2024)

17.1%

In 2023, 17.1% of South Dakota students **seriously considered attempting suicide** in the past 12 months

SDSP
SOUTH DAKOTA
SUICIDE PREVENTION

SDSuicidePrevention.org

988 Call. Text. Chat.

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