



CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

ARE THEY SUICIDAL?

- Depressed, angry, impulsive?
- Going through a relationship break-up, legal trouble, or other setback?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Talking about being better off dead?
- Losing hope?
- Acting reckless?
- Feeling trapped?

SUICIDES IN SOUTH DAKOTA

Far outnumber homicides

Firearms are the leading method

Attempts with a gun are more deadly
than attempts with other methods



HOLD ONTO THEIR GUNS

- Putting time and distance between a suicidal person and a gun may save a life.
- For other ways to help, call or text the Suicide and Crisis Lifeline: 988.