

# SUICIDE PREVENTION PLAN

## COVID-19

### COVID-19's Impact on Mental Health

During this time of unprecedented global public health crisis, our mental health may suffer. It is a critically important time for everyone to take extra care to protect their mental health. We have compiled a selection of resources on mental health and coping with COVID-19 for you on the [South Dakota Suicide Prevention](#) website.

If you are struggling, know that help is available. Call 1-800-273-8255 (TALK) or text 'HELLO' to 741741 for immediate, confidential support.

## Mental Health Awareness Month

### May is Mental Health Awareness Month

May is Mental Health Awareness Month. Mental health includes our emotional, psychological, and social well-being. When we advocate for mental health, we help those living with a mental illness improve their health and well-being. Mental health disorders, including substance use disorders, can affect anyone, it's time to help everyone. To learn more about services available in South Dakota, [click here](#).

Follow us on [Facebook](#) as we celebrate Mental Health Awareness Month!

## EDUCATION & TRAINING

### Suicide Prevention and Mental Health Awareness Training

Due to COVID-19, all in-person training has been suspended until May 31, 2020. Virtual training is available during this time.

Question, Persuade and Refer (QPR) is a one to two hour training that teaches 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR to help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. To request a QPR virtual training, [click here](#).

Making Educators Partners in Suicide Prevention is an online interactive training program for educators and school staff. Designed in a series of five modules, it addresses the critical but limited responsibilities of educators in the process of identification and referral of potentially suicidal youth. It focuses on the practical realities and challenges inherent in the school setting through a variety of training formats that include lecture, question and answer, and role plays. This training does

## EVENTS

For more information on events, visit the South Dakota Suicide Prevention [Calendar](#).

### May

- 7 – Survivor Support Group
- 7 – S.A.F.E Virtual Music Festival
- 7 – Question, Persuade, Refer
- 19 – Aliive Roberts County Coalition Meeting
- 20 – Glacial Lakes SAFE Coalition Meeting
- 21 – Question, Persuade, Refer

### June

- 4 – Survivor Support Group
- 14 – Sioux Falls Step Forward to Prevent Suicide
- 16 – Aliive Roberts County Coalition Meeting
- 17 – Glacial Lake SAFE Coalition Meeting

### July

- 2 - Survivor Support Group
- 15 – Glacial Lakes SAFE Coalition Meeting
- 20 – Helpline Open Golf Tournament
- 21 – Aliive Roberts County Coalition Meeting

meet the requirement for teacher certification training in South Dakota for suicide prevention. To register [click here](#) and select the South Dakota training version.

CALM is a free online course offered the Suicide Prevention Resource Center (SPRC) and is designed for providers who counsel people at risk for suicide, including mental health and medical providers. [Click here](#) to take the CALM course.

At-Risk in Primary Care – Adolescents is an interactive role-play simulation that prepares primary care practitioners to screen adolescents for depression and suicide using evidence-based tools to conduct brief interventions, and coordinate referrals to treatment. This virtual patient simulation provides hands-on practice applying motivational interviewing to engage adolescent patients in important conversations about mental health in a primary care context. [Click here](#) to take the At-Risk in Primary Care – Adolescents training.

## COMMUNICATIONS

### Suicide Prevention Materials

During this time, it may be difficult to reach individual's in their home, especially our youth. The [Bethe1SD](#) Press Kit contains campaign graphics, videos and radio PSAs. These are available to you at no-cost and can be used through virtual platforms.

Additionally, suicide prevention materials from all of South Dakota's suicide prevention campaigns are available at no-cost to South Dakota residents. Raise awareness in your community through the dissemination of materials! To request materials, [click here](#).



<http://sdsuicideprevention.org/>