

SOUTH DAKOTA SUICIDE PREVENTION PLAN

2020-2025

BETHE1SD



Change My Mind

“Change my mind” is the main message behind the Department of Social Services’ (DSS) new youth suicide prevention campaign recently kicked off through BeThe1SD. Suicide is an issue across the nation and the BeThe1SD campaign encourages youth to learn more about what they can do to help change someone’s mind when they are considering suicide. By providing resources, students and young adults can be prepared if they or someone they know is ever confronted with thoughts of suicide. To learn more about the warning signs and what you can do, please visit BeThe1SD.com.

605 STRONG

School District Employees Discussion on Self-Care Needs

The 605 Strong Program is offering a Zoom gathering for school district employees on Thursday, August 20th at 10am. This interactive session will focus on self-care needs and ideas as you enter a new school year amid a national pandemic. The 605 Strong team will also provide resources you can use to help others in your professional and personal lives. [Click here](#) to register.

EDUCATION AND TRAINING

Training Goes Virtual

As COVID-19 is changing our daily reality, there is an important need for suicide prevention and mental health awareness training to be available virtually. Virtual Mental Health First Aid and Youth Mental Health First Aid courses are now available in South Dakota! First Aiders will complete a 2-hour, self-paced class, and then participate in a 4-hour Instructor-led class using video conferencing technology. Training is available at no-cost to South Dakota schools and communities. To learn more about available training visit the South Dakota Suicide Prevention website or [click here](#) to request a training.

COMMUNICATIONS

National Suicide Prevention Month

September is National Suicide Prevention Month. We want to hear from you what you are doing in your community to bring awareness to this important topic. [Submit](#) your community event or training to be posted on the South Dakota Suicide Prevention website’s [event and training calendar](#) today!

EVENTS

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

August

- 1 – Yankton Step Forward to Prevent Suicide
- 6 – Survivor Support Group
- 18 – Aliive Roberts County Coalition Meeting
- 19 – Glacial Lake SAFE Coalition Meeting
- 20 – Interactive Discussion on Self-Care Needs
- 22-Black Hills Area Survivors of Suicide Support Group

September

- 3 – Survivor Support Group
- 15 – Aliive Roberts County Coalition Meeting
- 16 – Glacial Lake SAFE Coalition Meeting
- 26-Black Hills Area Survivors of Suicide Support Group
- 29-Webinar for South Dakota Educators: Model School Policy on Suicide Prevention

October

- 1 - Survivor Support Group
- 20 – Aliive Roberts County Coalition Meeting
- 21 – Glacial Lakes SAFE Coalition Meeting
- 24-Black Hills Area Survivors of Suicide Support Group

To request a training for your community, [click here](#).



