

# 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](http://BeThe1SD.com).

## EDUCATION & 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](#).

### July

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

### August

1 – Yankton Step Forward to Prevent Suicide  
6 – Survivor Support Group  
18 – Aliive Roberts County Coalition Meeting  
19 – Glacial Lake SAFE Coalition Meeting

### September

3 – Survivor Support Group  
15 – Aliive Roberts County Coalition Meeting  
16 – Glacial Lake SAFE Coalition Meeting

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



<http://sdsuicideprevention.org/>

