

# SOUTH DAKOTA SUICIDE PREVENTION PLAN

2020-2025

## November 2020 Newsletter

### SURVIVORS OF SUICIDE LOSS DAY

#### International Survivors of Suicide Loss Day is November 21<sup>st</sup>

Observed annually on the Saturday before Thanksgiving, November 21<sup>st</sup>, 2020 is International Survivors of Suicide Loss Day. Survivor of suicide is a term used for someone who has lost a friend or loved one to suicide. International Survivors of Suicide Loss Day provides survivors of suicide loss an opportunity to come together to find connection, understanding, and hope. To learn more, visit the [South Dakota Suicide Prevention](http://South Dakota Suicide Prevention website) website.

### HOLIDAY BLUES

#### Ways to Manage the Holiday Blues

Many people may experience feelings of anxiety or depression during the holiday season. People who are living with a mental health condition should take extra care of their overall health and wellness during this time. Here are some tips to avoid the holiday blues:

1. Stick to a normal routine
2. Get plenty of sleep
3. Spend time with supportive, caring people
4. Set reasonable expectations and goals
5. Get exercise
6. Eat and drink in moderation
7. Listen to music or find other ways to relax

If you or someone you know is struggling with the holiday blues, help is available. Call 1-800-273-8255 (TALK) or text "Hello" to 741-741.

### COMMUNICATIONS

#### Suicide in the Media

The media plays an important role in preventing suicide, as insensitive reporting could lead to additional suicide attempts or deaths. The [Best Practices and Recommendations for Reporting on Suicide](#) were established using a consensus model developed by SAVE. Following these recommendations can assist in safe reporting on suicide. To learn more, [click here](#).

### EVENTS

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

#### November

- 5 – YMHFA Virtual Training
- 5 - Survivor Support Group
- 7 – YMHFA Virtual Training
- 10 – MHFA Virtual Training
- 12 – MHFA Virtual Training
- 12 – YMHFA Virtual Training
- 14 – YMHFA Virtual Training
- 16 – MHFA Virtual Training
- 17 – Alive Roberts County Coalition Meeting
- 18 – Glacial Lake SAFE Coalition Meeting
- 28-Black Hills Area Survivors of Suicide Support Group

#### December

- 1 – MHFA Virtual Training
- 3 – Survivor Support Group
- 4 – MHFA Virtual Training
- 5 – YMHFA Virtual Training
- 7 – YMHFA Virtual Training
- 10 – YMHFA Virtual Training
- 15 – Alive Roberts County Coalition Meeting
- 16 – Glacial Lake SAFE Coalition Meeting
- 26-Black Hills Area Survivors of Suicide Support Group

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

