

SUICIDE PREVENTION PLAN

October 2020 Newsletter

BULLYING PREVENTION MONTH

October is Bullying Prevention Month

While bullying doesn't cause suicide, a stressful environment and persistent, emotional victimization can increase a person's risk of suicide. If you or someone you know is in emotional distress or a suicidal crisis, please call National Suicide Prevention Lifeline at 1-800-273-8255 (TALK) or connect with the Crisis Text Line by texting "Hello" to 741741. Learn more about bullying and it's connection with suicide [here](#).

NATIONAL TAKE-BACK DAY

DEA Prescription Drug Take Back Day is October 24th

An important piece of any suicide prevention program is reducing access to lethal means. This refers to trying to limit or eliminate the ability for a person at risk of suicide to access the means for their suicide plan. Unused prescription drugs can be dangerous. Misused medications can lead to accidental or intentional overdose. [Click here](#) to learn how you can safely dispose of your unused or expired prescription drugs.

EDUCATION AND TRAINING

Mental Wellness during COVID - Support for Kids

Please join our 605 Strong team on October 20th from 4 PM – 5 PM (CST) for a virtual supportive discussion on mental wellness for kids during COVID. We welcome parents, professionals, and the children in your life to connect with each other and our team of crisis counselors. During this online session, you will learn about emotional reactions to a disaster, share your story (if desired), and build on your strengths. We hope that you can attend this free event. To register, [click here](#).

The 605 Strong Program is a free resource offering listening and support to South Dakotans to help relieve the stress and anxiety caused by the COVID-19 pandemic. 605 Strong Specialists are trained to handle mental health crises, provide emotional support, and promote resilience. To reach us, dial 211 or text your zip code to 898211.

COMMUNICATIONS

Suicide Prevention Apps

Traditional suicide prevention resources such as education, counseling and crisis lines are being amplified with mobile apps that expand the reach and try to save lives that might otherwise be lost. Suicide prevention apps aim to help those with suicidal thoughts, as well as friends, family, and loved ones looking to educate

EVENTS

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

October

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

November

- 5 – Survivor Support Group
- 17 – Aliive Roberts County Coalition Meeting
- 18 – Glacial Lake SAFE Coalition Meeting
- 28-Black Hills Area Survivors of Suicide Support Group

December

- 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

themselves and reach out to someone in need. [Learn more](#) about available mobile apps and consider downloading them today!

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

