

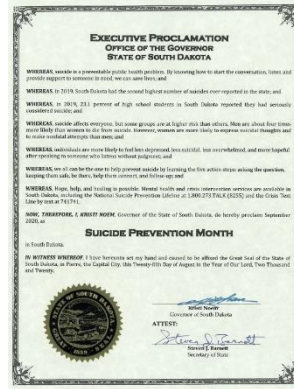
# SUICIDE PREVENTION PLAN

## SUICIDE PREVENTION MONTH

### September is Suicide Prevention Month

September is Suicide Prevention Month in South Dakota. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. Everyone has a role in preventing suicide.

This month, challenge yourself to get involved. Attend a training or awareness event, host an activity at your school or place of work! For more ideas on ways to get involved, visit the [South Dakota Suicide Prevention website](http://South Dakota Suicide Prevention website).



## EVENTS

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

### September

- 2 – Glacial Lakes SAFE Virtual Remembrance Ceremony
- 3 – Survivor Support Group
- 10- Winner Suicide Awareness Walk
- 10 – World Suicide Prevention Day
- 10 – Dese’Rae L. Stage presented by the Helpline Center
- 15 – Alive 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 – Alive 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 – Alive Roberts County Coalition Meeting
- 18 – Glacial Lake SAFE Coalition Meeting
- 28-Black Hills Area Survivors of Suicide Support Group

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

## EDUCATION AND TRAINING

### Tribal Communities

From 2010-2019, the Native American suicide rate was 2.4 times higher than the white suicide rate in South Dakota. The Suicide Prevention Resource Center released a new video in their series, "Transforming Tribal Communities: Indigenous Perspectives on Suicide Prevention," which focuses on weaving culture into suicide prevention strategies in tribal communities. To view the entire series, [click here](#).

## COMMUNICATIONS

### Crisis Resources

The [National Suicide Prevention Lifeline](#) is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They’re committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness. Anyone can call the Lifeline, whether themselves or a loved one is thinking of suicide or experiencing emotional distress. To reach the Lifeline, dial 1-800-273-8255 (TALK).

The [Crisis Text Line](#) is a free, 24/7 support for those in crisis. To reach the Crisis Text Line, text HELLO to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

