

## January – March 2022 Newsletter

### COMMUNITY ENGAGEMENT

#### Suicide Prevention Apps

In addition to traditional suicide prevention resources such as education, counseling and help lifelines, mobile applications are expanding the reach to try and 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 themselves and reach out to someone in need. A few examples of apps that are available include:

- Jason Foundation: A Friend Asks
- MY3
- Stay Alive

More about these apps can be found here: <https://sdsuicideprevention.org/get-help/crisis-resources/>.

### COMMUNICATION

South Dakota Mental Health & Suicide Prevention Resources: With the help from partners, the South Dakota Department of Health has developed the SD Mental Health & Suicide Prevention Resource Rack Card that list available resources in the state of South Dakota. Please help us share this available resource to youth, young adults, parents, and clients you service in your communities.

To order this free resource, click on the mental health tab at this link: <https://apps.sd.gov/ph18publications/secure/PubOrder.aspx>.

Suicide Prevention Video Series for Parents: In partnership with the University of South Dakota, Center of Disabilities and the South Dakota Department of Health, a four-part Suicide Prevention Video Series was developed: Part 1 – Suicide Prevention, Part 2- ACEs Awareness, Part 3: Protective Factors, and Part 4 – Resources. To view each video please visit: <https://doh.sd.gov/family/Youth/Suicide.aspx>.

Press Releases: DSS continues to raise awareness around suicide prevention by supporting multiple press releases in December and January providing messaging and resources. To view the press releases please visit: <https://dss.sd.gov/keyresources/news.aspx>

### National Suicide Prevention Lifeline/988

#### What is 988?

988 is a new three-digit number for mental health crisis launching nationally on July 16, 2022. In South Dakota, the Helpline Center is the national accredited lifeline member and answers the calls that are currently received through 1-800-273-8255. On average 80% of calls received by trained crisis counseling can be de-escalated on the phone, reducing the need to dispatch law enforcement in situation that do not have safety concerns. In the event the situation necessitates a response, a resource can be quickly dispatched by the Helpline Center.

### EVENTS

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

#### January

27 –“Bright Spot”  
Suicide Prevention Learning Collaborative

#### February

24 –“Bright Spot”  
Suicide Prevention Learning Collaborative

#### March

Self-Harm Awareness Month  
24 –“Bright Spot”  
Suicide Prevention Learning Collaborative

Remember, free training is available! To find the [list of trainings](#) and to request a training for your community, [click here](#).