

# COST OF SUICIDE IN SOUTH DAKOTA

In 2019...

Suicide was the 9th leading cause of death in South Dakota

185 South Dakotans died by suicide

South Dakota had the 8th highest suicide rate in the nation

The economic toll of suicide on society is immense.

In 2019...

Avg. Medical Costs = **\$4,728**

Total Medical Costs = **\$860,526**

Avg. Value of Statistical Life = **\$10.5 MILLION**

Total Value of Statistical Life = **\$1.9 BILLION**

Avg. Combined Costs = **\$10.5 MILLION**

Total Combined Costs = **\$1.9 BILLION**



Avg. costs = average cost per suicide

All costs represent 2019 data for South Dakota from CDC WISQARS

## HOW CAN YOU HELP PREVENT SUICIDE?

**Suicides are preventable. Help is available 24/7 by calling 1.800.273.8255**

### Know the Warning Signs

**Talk:** Being a burden to others, killing themselves, feeling trapped, having no reason to live

**Mood:** Loss of interest, depression, rage, anxiety, empty, hopeless

**Behavior changes:** Acting recklessly, withdrawing from activities, increase use of alcohol or drugs, sleeping too much or too little, giving away prized possessions, looking for ways to kill themselves

### Know the Risk Factors

- Mental disorders
- Alcohol or other substance use
- Hopelessness
- History of trauma or abuse
- Previous suicide attempts
- Major physical illness
- Financial loss
- Loss of relationships
- Easy access to lethal means
- Lack of social support and sense of isolation

### Take Action

1. Request a free suicide prevention training or suicide prevention materials for your workplace at [www.sdsuicideprevention.org](http://www.sdsuicideprevention.org)
2. Implement worksite wellness. Visit <https://goodandhealthysd.org/resources/workplace-wellness-toolkit/> to learn more.
3. Ensure all staff know what resources are available to them, such as funding assistance through [www.605Strong.com](http://www.605Strong.com) or by calling 211 for resources in your area.
4. Pledge to be StigmaFree by visiting <https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree>



For additional warning signs, risk factors and more general information related to suicide prevention, please visit [sdsuicideprevention.org](http://sdsuicideprevention.org)

To find a local provider, please call 211, visit [dss.sd.gov](http://dss.sd.gov), or scan here:

