

October - December 2022 Newsletter

SUICIDE PREVENTION CONFERENCE HIGHLIGHTS

On August 10th and 11th, the Department of Social Services, Division of Behavioral Health, along with their state partners, hosted the first Suicide Prevention Conference at the Sioux Falls Convention Center. This no-cost conference was a great opportunity to “Start the Conversation” around suicide prevention in South Dakota, featuring key speakers in many different areas. Majority of conference goers reported the knowledge they gained during the conference will be helpful in their fields. 96% would recommend the conference to a friend or colleague! The Second Annual Suicide Prevention Conference will be held on August 10th and 11th, 2023 at the Sioux Falls Convention Center. Conference details will be updated [here](#).



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SUICIDE LOSS SURVIVORS’ DAY – November 19th

Losing a loved one to death by suicide can be unimaginable and the pain that comes with it can be devastating. During this vulnerable time, it can be easy to fall victim to your grief. The emotions one feels can be overwhelming and gut wrenching. Some individuals may even feel guilty and wonder how they did not see the signs and if they had, what could they have done to prevent it. It is important to remember that you are not alone.

Resources for survivors of suicide loss are available. The [Healing After Suicide Loss in Your Life](#) guide is available to those who have lost a loved one to suicide. In addition, the Helpline Center has a packet of resource materials specific to grief recovery for survivors that is available to be mailed or handed out upon request. [Click here to make the request](#). To locate Survivor Support Groups in South Dakota, visit sdsuicideprevention.org.

Suicide and Crisis Lifeline (988)

988 is the national three-digit phone number for all mental health, substance use and suicide crises. 988 offers rapid access to behavioral health support through connection with trained crisis specialists. 988 is more than a suicide hotline, it is for *anyone* in need of crisis support for themselves or others, and can be used for those in emotional distress, including substance use crisis. To reach 988, individuals may call or text 988 or chat 988 by visiting <https://988lifeline.org>.

What are the benefits of 988 for South Dakotans?

- **Immediate access to mental health professionals.** On average, 80% of calls received by trained crisis counselors in a 988 setting can be de-escalated on the phone, reducing the need to dispatch law enforcement in situations that do not have safety concerns. In the event situations necessitate a response, resources can be quickly dispatched.
- **One, easy to remember number to call.** Increased access to crisis support through a central call center for both referring law enforcement and individuals seeking help for themselves or loved ones. With an easy to remember number, call volume is estimated to at least double, leading to many more South Dakotans getting the help they need.

EVENTS

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

Save The Date!

The Second Annual Suicide Prevention Conference will be held on August 10th and 11th, 2023.

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