

SOUTH DAKOTA SUICIDE PREVENTION PLAN

2020-2025



October–December 2023 Newsletter

Notes To Self

DSS Division of Behavioral Health Launches New Campaign

During this past August SDSP Conference, DSS Cabinet Secretary Matt Althoff revealed the new campaign entitled “Notes to Self”. The campaign was developed to generate awareness and eliminate stigmas surrounding behavioral health and emphasize the roles we can all take in prevention and early intervention. “It’s a way of saying ‘let’s talk about our mental health in a way that’s supportive,’” said Tiffany Wolfgang, Chief of Behavioral Health at DSS. The campaign includes tv, radio, print and internet ads. These “Notes to Self” reminders focus on the existence of needs in our communities and the resources available to all. Using no cost [resources](#) from the Division of Behavioral Health, together we can encourage empathy and start the conversation around mental health in our communities throughout South Dakota.



International Survivors of Suicide Loss Day

November 18th, 2023

[International Survivors of Suicide Loss Day](#) is an event each year that shows support to those who have lost loved ones to suicide. As the grief and trauma can be difficult to handle, the Helpline Center and 988 are available 24/7 for support. Additionally, there are resources available through the SDSP website that can be shipped directly to you at no cost along with listings of [support groups near you](#).

Suicide Data Dashboard

2022 Suicide Data Finalized

South Dakota saw 192 suicides in 2022, a 5% decrease from 202 suicides in 2021. The goal of suicide prevention is simple: reduce risk factors and promote resiliency. To measure the impact of the implementation of the 2020-2025 SD Suicide Prevention Plan, 5 performance measures were identified and added to the data dashboards on the [suicide data dashboard](#). Suicide is preventable when we all work together!

Suicide Prevention Month Spotlight

Harrisburg High School

September was Suicide Prevention Month, and SDSP was busy disseminating materials around the state. Harrisburg High School posted a table outside of their counseling office during National Suicide Prevention week and had to restock their table twice a day. Staff stated that the materials allowed them to connect with students on reporting, signs that someone may be struggling, etc. Suicide prevention [materials](#) can be ordered through the SDSP website and shipped at no additional cost.



EVENTS

For more information or to add an event, visit the [SD Suicide Prevention Calendar](#)

October

12th -13th – NAMI SD Annual Conference, Rapid City

18th – Helpline Center sponsors “[My Ascension](#)” viewing, 7:00 pm Chamberlain

24th- Helpline Center sponsors “[An Evening with Emma Benoit](#)”, 7pm, Sioux Falls

27th –QPR (Question, Persuade, Refer) Training, 8:30-10:00 am, Sioux Falls

November

18th- Find local AFSP International Survivors of Suicide Loss Day [Events](#)

21st –QPR (Question, Persuade, Refer) Training, 3:00- 4:00 pm, Virtual

SAVE THE DATE

[SDSP Conference](#)
August 1st-2nd, 2024
Sioux Falls Convention Center

RESOURCES

- 988 Suicide & Crisis Lifeline
- BeThe1SD
- Helpline Center
- SDSP Trainings
- Request A Training
- Behavioral Health Materials
- Suicide Prevention Materials

