

AMERICAN INDIAN

Suicide in South Dakota

Suicide remains a devastating and all too frequent event among American Indian (AI) families and communities. Factors that could contribute to an increased suicide risk among AI people include mental health disorders, substance abuse, intergenerational trauma, and community-wide issues. Factors that protect AI youth and young adults against suicidal behavior are a sense of belonging to one's culture, a strong tribal/spiritual bond, the opportunity to discuss problems with family or friends, feeling connected to family, and positive emotional health.

WARNING SIGNS

- Talking about being a burden
- Being isolated
- Increased anxiety
- Increased substance use
- Looking for a way to access lethal means
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide



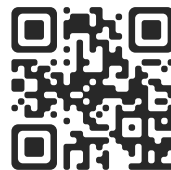
WHAT CAN REDUCE RISK?

- Building supportive and strong relationships
- Access to confidential mental health care
- Willingness to share and express emotions
- Readiness to look for support when it's needed
- The safe storage of firearms



RESOURCES

- Need help? Text the crisis text line: **text 'NATIVE' to 741-741**
- The **South Dakota Suicide Prevention (SDSP) website** serves as a resource hub for those seeking help, resources, data and free suicide prevention training and materials. The platform is multi-agency collaboration meant to serve the needs of all South Dakotans to reduce the stigma of behavioral health needs and the prevalence of death by suicide. To visit the South Dakota Suicide Prevention website, go to sdsuicideprevention.org or scan the QR code on the right.
- If you or someone you know is experiencing mental health-related distress, suicide crisis, or substance use, **contact 988**.



7th

In 2022, **SUICIDE** was the 7th leading cause of death for American Indians (AI) in South Dakota

3X

American Indian **SUICIDE death rates** are almost 3 times higher than White death rates (2013-2022)

68%

68% of **SUICIDE deaths** were among **AI youth & young adults** aged 10-29 (2013-2022)



SDSuicidePrevention.org

988 Call. Text. Chat.