

FARMER & RANCHER

Suicide in South Dakota

Farming and ranching are considered two of the most stressful occupations, both physically and mentally. Unique factors associated with agricultural work may contribute to poor mental health outcomes and even suicide. Factors that put farmers and ranchers at higher risk include financial uncertainty, barriers to mental health services, isolation, blurred distinction between work and home life, and easy access to firearms.

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

- Call the Avera Farm and Rural Stress Hotline at **1-800-691-4336** to talk to a mental health professional. The hotline is free, confidential, and available 24/7.
- 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**.



5%

Farmers & Ranchers accounted for approximately **5% of SUICIDES** in South Dakota (2013-2022)

56%

56% of Farmers & Ranchers **SUICIDES** are among individuals aged **50 years & older** (2013-2022)

73%

Firearms accounted for 73% of Farmers & Ranchers **SUICIDES** (2013-2022)



SDSuicidePrevention.org

988 Call. Text. Chat.