



# YOUTH

## *Suicide in South Dakota*

Youth experience a lot of changes and stress from many sources, including relationships with friends and family members and problems at school. Factors that might contribute to poor mental health or put youth at higher risk of suicide include a recent or serious loss, alcohol or other substance use, lack of social support, stigma, and bullying.

### WARNING SIGNS

- Talk about suicide or dying
- Talk about being a burden
- A lack of interest in activities
- Dropping out of clubs or school
- Letting grades slip or becoming indifferent
- Withdrawal or aggression after a break-up or painful event
- Disturbing posts on social media or a sudden shut down of accounts
- Missing class
- Concerning texts or tweets
- Drawings or writings about death or dying

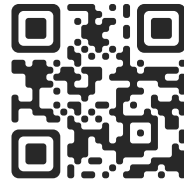


### WHAT CAN REDUCE RISK?

- Building supportive and strong relationships
- Access to confidential mental health care
- Involvement in group activities and positive school experiences
- Good coping and problem-solving skills
- Safe storage of firearms and medications (prescription and over the counter)

### RESOURCES

- 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](https://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**.



### LEADING CAUSE of DEATH

In 2022, **SUICIDE** was the **Leading Cause of Death among Youth ages 10 to 19** in South Dakota

# 8X

American Indian youth **SUICIDE** death rates are **8 times higher** than White youth death rates (2013-2022)

# 21.5%

In 2021, 21.5% of South Dakota students **seriously considered attempting suicide** in the past 12 months



[SDSuicidePrevention.org](https://SDSuicidePrevention.org)

**988** Call. Text. Chat.

