

# Suicide Prevention Toolkit

We can all do our part to help prevent suicide in South Dakota. September is Suicide Prevention Month, a time to spread hope, fight negative stigma and help shift public perceptions. This toolkit is here to share resources, provide vital information and help address this serious health problem. Suicidal thoughts can affect anyone regardless of age, sex, race or background, so it's important to speak up, show support and be proactive.

## What's in This Kit

Throughout September, we encourage you to use and share these assets. In this toolkit you'll find:

- Press Release
- Blog
- Sample Social Media Posts
- Stickers
- Social Media Assets
- HR Resources

## Contact

For more information visit [SDBehavioralHealth.gov](https://SDBehavioralHealth.gov) or contact [dssbh@state.sd.us](mailto:dssbh@state.sd.us).

## Suicide Prevention Resources

Call, text or chat with 988 for any kind of behavioral health support, including depression, thoughts of suicide, anxiety, addiction or any other mental health-related distress.

[SDBehavioralHealth.gov](https://SDBehavioralHealth.gov) can get you in touch with resources, support and more ways to promote suicide prevention.