

TAKING CARE OF YOURSELF IS PART OF THE JOB

You don't have to push through stress and pressure.
Talking things out can help you get past tough times.

If you're struggling with mental health or substance
misuse, or see someone who is, say something.

Call, text or chat 988 for convenient, confidential
support from trained counselors.

988 | SUICIDE & CRISIS
LIFELINE

call. text. chat.

Let's Be
Clear 

SDSP
SOUTH DAKOTA
SUICIDE PREVENTION

Content was developed in partnership with the South Dakota
Departments of Health and Social Services, Division of Behavioral
Health. For more information, visit [LetsBeClearSD.com](https://www.letsbeclearsd.com)