

# Suicide Among Construction & Manufacturing Workers in South Dakota

The construction and manufacturing workforce in South Dakota is experiencing a higher prevalence of suicide than any other industry. **From 2020-2024, these two industries accounted for approximately 23% of suicide deaths in South Dakota.** These challenging and physically demanding jobs, along with work-related stress due to seasonal work, demanding schedules, and workplace injuries can impact the mental health of this workforce.

## Warning Signs

- Making plans for suicide
- Talking or posting about wanting to die
- 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
- Decreased work performance and/or attendance
- Any sudden, dramatic changes in behavior

## Building A Safer Future

- Create a workplace culture of health and safety
- Lead with compassion and foster a supportive environment
- Share resources that address workplace stress and mental health
- Implement workplace policies for wellbeing
- Establish crisis response protocols
- Encourage employees to connect and support one another

## Resources

- If you or someone you know is experiencing mental health-related distress, suicide crisis, or substance use, **call, text, or chat 988.**
- 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.**



**47%**  
of construction  
& manufacturing  
suicide deaths are  
among 20–39-year-olds  
(2020-2024)

**56%**  
of suicide deaths were  
firearm-related  
and

**34%**  
were suffocation/  
hanging-related  
(2020-2024)

**SDSP**  
SOUTH DAKOTA  
SUICIDE PREVENTION

**988**  
SUICIDE & CRISIS  
LIFELINE

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://LetsBeClearSD.com).