

WORKPLACE TOOLKIT

FOR OVERDOSE & SUICIDE PREVENTION

RESOURCE & IMPLEMENTATION GUIDE



988 | SUICIDE & CRISIS
LIFELINE

Every year, suicide and overdose cause the deaths of hundreds of South Dakotans — and each one can be prevented. Construction workers, manufacturers, truck drivers and other skilled trade workers face unique pressures: long hours, physical demands, high-risk environments, isolation and more. These factors can increase their risk for mental health challenges, substance misuse and suicide.

This toolkit was created to help organizations combat these risk factors and overcome common attitudes that prevent people from getting the help they need. Its contents aim to:

- Foster honest conversations about mental health and substance use
- Promote and destigmatize getting help
- Raise awareness of proven resources for workers and their families

USAGE GUIDE

The materials in this toolkit are designed to be placed in shared spaces, such as breakrooms and restrooms. There are also digital assets that can be shared on social media profiles and in email newsletters.

Posters & Clings

- Designed to raise awareness about resources with highly visible, high-level takeaways
- Install in areas with high employee traffic

Overdose, Suicide & Medication Safety Info Sheets

- Explain risk factors, point out warning signs and recommend next steps
- Can be shared during safety meetings and trainings, provided to supervisors or managers or used for workplace wellness events

Social Media & Email Content

- Can be shared to coincide with safety trainings, events or initiatives like Mental Health Awareness Month, Recovery Month or Suicide Prevention Month
- Helps extend awareness beyond the workplace

Stickers

- Can be included in safety packets or distributed during trainings
- Place on toolboxes, water bottles, lockers, hard hats, etc.

Secure Storage & Disposal

- Secure storage devices, medication disposal packets and information for ordering are included in this kit
- Additional materials can be requested as needed

Overdose Reversal Materials & Training

- Provides background information about the safety and effectiveness of naloxone
- Contains a link to a naloxone training video as well as details on where to obtain it

ADDITIONAL TRAINING & RESOURCES

Organizations and individuals that are interested in strengthening their skills and gaining a deeper understanding of prevention methods are encouraged to explore these courses and materials.

Question, Persuade, Refer (QPR) and Mental Health First Aid Training

These proven courses can help your team learn to recognize and respond to the warning signs of suicide, as well as identifying and supporting people who are experiencing a mental health crisis.

Depending on your organization's individual needs, several cost-assistance options are available.

Suicide Support Groups

Materials and resources are available for people going through mental health challenges or experiencing suicidal thoughts, as well as for survivors of suicide loss or a suicide attempt.

Treatment & Recovery Support

Many forms of treatment for substance use disorder and support for people in recovery are available across South Dakota.

Scan this QR code to find the resources mentioned above, sign up for training courses and more.

