

South Dakota Stands United During Suicide Prevention Month

For many people, living with a mental health disorder can be isolating. But help is always here. During September, we shine a light on Suicide Prevention Month. It's our goal to raise awareness about suicide, while providing support to those who may be struggling with suicidal thoughts or feelings.

By cultivating a sense of community and keeping this issue in the public eye, we can encourage action and help save lives. Here are four things you should consider this Suicide Prevention Month.

1. **Start a Conversation:** No matter how big or small, actions make a lasting impression and are a message of hope to those who are struggling. Silence around suicide can be isolating and very dangerous. An encouraging message, a moment of recognition or a supportive comment can help open the doors to larger conversations.
2. **Fight Stigma:** By having open, honest conversations about suicide and suicide prevention, we can challenge misconceptions and fight negative stereotypes. This also makes it easier for people to reach out without fear of judgment.
3. **Promote Resources:** Suicide Prevention Month is a great way to promote the resources available for everyone, like the [988 Lifeline](#) and [SDBehavioralHealth.gov](#). 988 is the three-digit number for any kind of behavioral health support. The Lifeline offers local resources and support for people in crisis, people who just need to talk and people worried about someone in their life.
4. **Remember Those We've Lost:** For those who have lost someone to suicide, this month can also be a time for remembrance, healing and support. Giving people an opportunity to share their stories can increase connections and help people feel supported.

For more information about suicide prevention, please visit [SDSuicidePrevention.org](#) or [SDBehavioralHealth.gov](#).