

## Email Message

During September, we want to draw attention to an important topic that affects millions of people worldwide. Suicide Prevention Month is about shining a light on an issue that's too often neglected. Those who live with mental health challenges often do so in silence, making it difficult to ask for help or for others to notice the signs. But by reaching out, speaking up and sharing resources like the 988 Lifeline, we can make a difference for all South Dakotans.

We want our employees to feel seen and supported — not just during Suicide Prevention Month, but every day of the year. Please take note of these important resources.

The 988 Lifeline is here with local help for any kind of behavioral health support. The 988 Lifeline has made it easier for anyone to connect with trained professionals who can provide immediate support and guidance. 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.

*(HERE EMPLOYERS MAY ALSO ADD OTHER RESOURCES THEY OFFER SUCH AS EAP)*

It's critically important to break the silence about suicide and support each other. Visit [SDSuicidePrevention.org](https://SDSuicidePrevention.org) or [SDBehavioralHealth.gov](https://SDBehavioralHealth.gov) to learn how to start the conversation and signs to watch for with your loved ones. Don't hesitate to reach out and offer a listening ear. Remember, sometimes a small conversation can make a big difference in someone's life.