



Prevention of Youth Suicide and Suicidal Behavior

September 2013

Every three or four days, someone dies by suicide in South Dakota. Suicide is the second-leading cause of death in South Dakota for people ages 15-34, regardless of sex or race.

The overwhelming majority (80%) of suicides in South Dakota are committed by white males ages 15-34. The suicide rate for 15 to 19 year olds in South Dakota is ***three times higher than it is nationally.***

Suicide's toll also includes the injuries resulting from suicide attempts that do not result in fatalities. In 2011, a nationally representative sample of youth in grades 9-12 reported nearly eight percent of students had attempted suicide one or more times in the twelve months preceding the survey.

A person in acute risk for suicidal behavior most often will show:

- Threatening to hurt or kill themselves;
- Looking for means or a ways to cause self harm by seeking access to firearms, available pills, or other means;
- Talking or writing about death, dying or suicide

Additional Warning Signs May Include:

- Increased **substance** (alcohol or drug) **use**
- No reason for living; no sense of **purpose** in life

- **Anxiety**, agitation, unable to sleep or sleeping all the time
- Feeling **trapped** - like there's no way out
- **Hopelessness**
- **Withdrawal** from friends, family and society
- Rage, uncontrolled **anger**, seeking revenge
- Acting **reckless** or engaging in risky activities, seemingly without thinking
- Dramatic **mood changes**.

If you are concerned, seek help as soon as possible by contacting a mental health professional, **calling the Avera Behavioral Health Assessment Program at 605-322-4065**, or **calling 1-800-273-TALK (8255) for a referral**.

Helpful Links:

<http://helplinecenter.org>

<http://www.avera.org/behavioral-health-center/>

<http://www.sdkidsmentalhealth.org>

[http://www.nami.org/MSTemplate.cfm?Site=NAMI South Dakota](http://www.nami.org/MSTemplate.cfm?Site=NAMI_South_Dakota)

<http://sdsuicideprevention.org/specific-populations/teens/>

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