

**BE THE ONE
TO SHOW
YOU CARE.**

**BE THE 1SD
.COM**



1-800-273-TALK (8255)



Materials developed by the South Dakota Department of Social Services (DSS) under grant 1U79SM061749-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA) U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Printed by DSS on recycled paper | July 2018 | Pheasantland Industries | 500 copies | \$0.50 per copy



Help Prevent Suicide

Let's save lives by stopping suicidal thoughts and behaviors before they start.

Suicide is a **public health** problem.



In the U.S., **121 suicides**

occur each day.

Preventing suicide is a priority for CDC.

Suicide is **preventable.**

By thinking beyond treatment alone to strategies that **address the context and underlying factors**, we can prevent suicide risk in the first place.



CDC has developed a **technical package** to help states and communities use the best available evidence to prevent suicide.



It is important to **monitor and evaluate** your efforts. Findings can be used to inform planning and **enhance implementation.**



Be a part of the solution.

www.cdc.gov/violenceprevention

Your prevention efforts may involve **developing new partnerships** or **working across sectors.**



Including:

Public Health, Business Labor, Health Services, Education, Veteran/Military, Government, Justice, Housing, Media, Community Organizations (Foundations, Faith-Based Groups, & More)



Help America reduce the suicide rate by **20% by 2025.**

Goal of the American Foundation for Suicide Prevention and National Action Alliance for Suicide Prevention.

ACT NOW!

Use CDC's technical package to start or expand your suicide prevention efforts.



If you or someone you know is in crisis, please contact the **National Suicide Prevention Lifeline.**

Talk: 1-800-273-TALK (8255)

Chat: www.suicidepreventionlifeline.org

Find more planning & prevention resources:
www.cdc.gov/violenceprevention/suicide

