

988 SUICIDE & CRISIS
LIFELINE

In July 2022, the National Suicide Prevention Lifeline (1-800-273-8255) officially transitioned to the phone number 988. Moving to a 3-digit code transforms the way individuals reach out for mental health help and support. 988 is more than just an easy number to remember, it's a direct connection to compassionate and professional support for anyone who might be struggling with emotional distress, experiencing suicidal thoughts, or who is concerned about a family member or friend with a mental health or substance use issue.

In South Dakota, 988 is answered by the Helpline Center and is staffed by individuals with advanced degrees and experience in behavioral health. When someone contacts 988 they will be connected to a trained counselor who can address immediate needs and help connect them to ongoing care. Simply call, text or chat 988 and our caring and professionally trained staff will be there to support you 24 hours a day, 7 days a week.

HELPLINE CENTER MISSION

Making lives better by giving support, offering hope and creating connections all day, every day.

Further Information



988 SUICIDE & CRISIS
LIFELINE



988
Call • Text • Chat

WEB RESOURCES

To find out more about crisis prevention efforts in South Dakota, please visit:

helplinecenter.org

sdsuicideprevention.org

*A special thanks to the Rhode Island Department of Health for sharing their materials.

**HOW TO SAFEGUARD
YOUR HOME**



**A Guide to Crisis
Prevention in the Home**

How to Safeguard Your Home

If your loved one is experiencing a mental health problem or life crisis, these simple steps can help protect your family and possibly save your loved one's life.

Store over-the-counter and prescription medicines safely

Pills are the most common way for people to attempt suicide. It's too easy for a family member to access drugs left on the kitchen or bathroom counters or in medicine cabinets.

- **Count it!** Keep a small number of over-the-counter medicines in a childproof bottle. Lock the rest up.
- **Lock it!** Use a lock box to secure medications away from others. You can purchase one online from major retailers, or get one for free in SD by calling the South Dakota Resource Hotline: 1-800-920-4343
- **Drop It!** Drop off unused pills at a Drop Box. Find a drop site near you: avoidopioids.com
- **Dispose of it!** Safely get rid of unused medication at home with dispose Rx packets: available in South Dakota by calling 1-800-920-4343

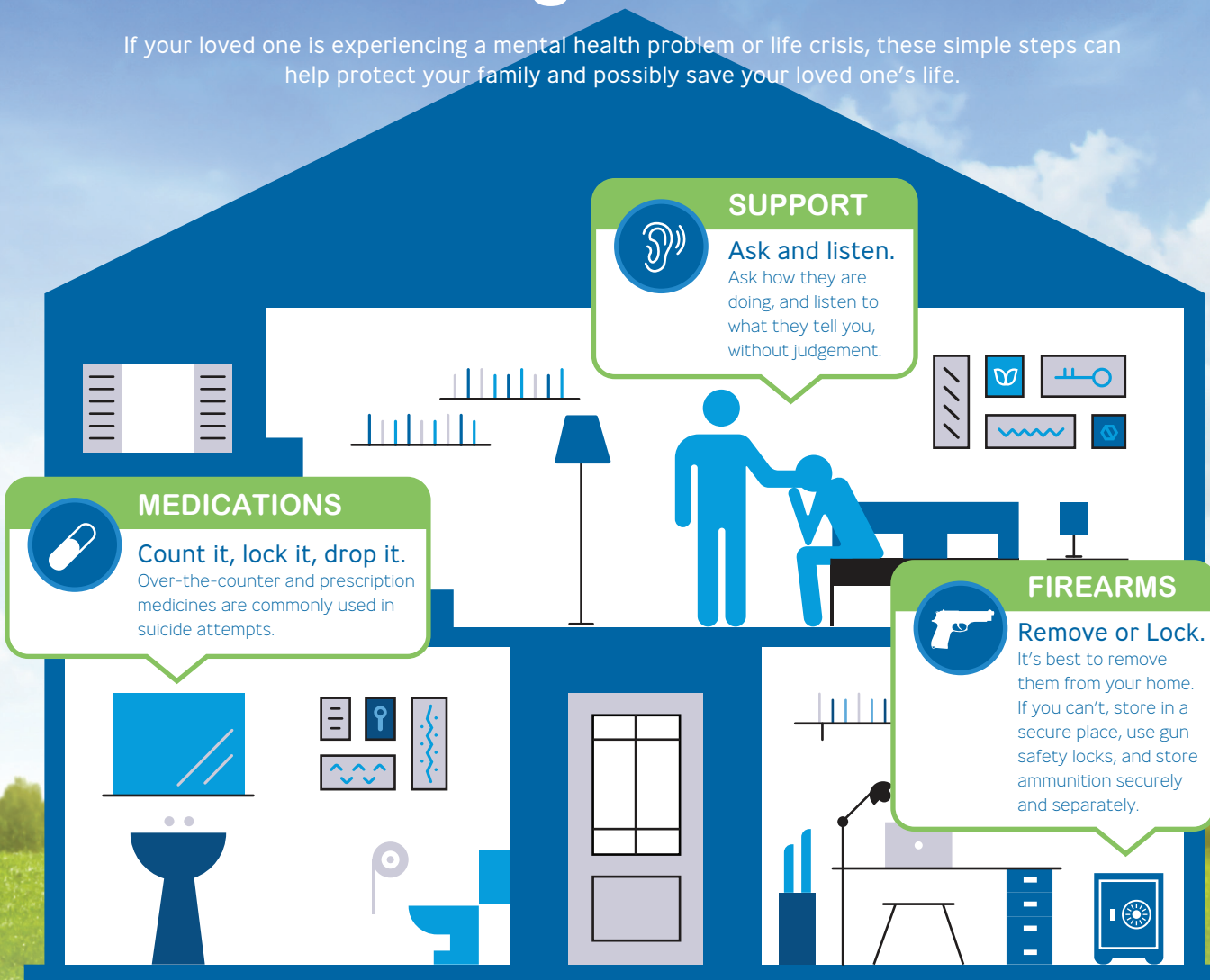
Remove firearms for now

Firearms are used in close to half of all suicide deaths.

- Consider removing them by asking your local police department or shooting range to temporarily store the gun(s).
- Store them in a locked box or gun cabinet.
- Use a gun safety lock on all guns
- Keep bullets in a separate locked box or gun cabinet; make sure other family members cannot access the keys.

Talk, listen, and give support

- Pay attention to your family member's moods and behaviors.
- If you notice significant changes, talk to your doctor and/or find someone to talk to.



MEDICATIONS
Count it, lock it, drop it.
Over-the-counter and prescription medicines are commonly used in suicide attempts.

SUPPORT
Ask and listen.
Ask how they are doing, and listen to what they tell you, without judgement.

FIREARMS
Remove or Lock.
It's best to remove them from your home. If you can't, store in a secure place, use gun safety locks, and store ammunition securely and separately.

988
SUICIDE
& CRISIS
LIFELINE

HELP IS AVAILABLE
if you're concerned that
someone you care about
is at risk of a crisis.

helpline
center

helplinecenter.com/988

Call • Text • Chat