

## **Suicide Prevention Workshop Additional Resources**

### **South Dakota Suicide Prevention**

State website from the Helpline Center. Resources include facts, stats, prevention resources, trainings, and toolkits.

[sdsuicideprevention.org](http://sdsuicideprevention.org)

[sdsuicideprevention.org/data](http://sdsuicideprevention.org/data)

[sdsuicideprevention.org/professionals/suicide-prevention-trainers/](http://sdsuicideprevention.org/professionals/suicide-prevention-trainers/)

### **Helpline Center**

The Helpline Center is South Dakota's leader in suicide prevention and response. If you or someone you know is having suicidal thoughts please **call 1-800-273-8255** anytime, day or night, and we will provide you with the caring support you need. All South Dakotans have access to the crisis line all day, every day. The service is free and confidential. **The Helpline Center offers multiple trainings related to suicide prevention and mental health.**

[helplinecenter.org/suicide-and-crisis-support](http://helplinecenter.org/suicide-and-crisis-support)

**Community Based Resources:** [helplinecenter.org/suicide-and-crisis-support/community-based-resources/](http://helplinecenter.org/suicide-and-crisis-support/community-based-resources/)

### **NAMI – National Alliance on Mental Illness**

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Affiliates are located throughout the state in Aberdeen, Brookings, Huron, Pierre, Rapid City, Sioux Falls, Spearfish, Watertown, Yankton. There is also a statewide Consumer Council.

[namisouthdakota.org](http://namisouthdakota.org)

[nami.org](http://nami.org)

### **Front Porch Coalition – Rapid City**

Suicide Prevention Training, Crisis Intervention and Assistance, Suicide Support Groups, Suicide Prevention Resources, Mental Health First Aid Training.

### **Suicide Prevention Resource Center**

The Suicide Prevention Resource Center (SPRC) is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration. SPRC provides technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide.

[sprc.org](http://sprc.org)

**International Critical Incident Stress Foundation, Inc.**

Critical Incident Stress Management (CISM) is a method of helping first responders and others who have been involved in critical incidents that leave them emotionally and/or physically affected by those incidents. CISM is a process that enables peers to help their peers understand problems that might occur after an event. This process also helps people prepare to continue to perform their services or in some cases return to a normal lifestyle.

ICISF provides training for individuals interested in becoming a part of a crisis management team, or for an organization that is dedicated to helping individuals or groups recover from incidents.

**Courses:**

**Pastoral Crisis Intervention: [icisf.org/pastoral-crisis-intervention/](https://icisf.org/pastoral-crisis-intervention/)**

**Suicide Prevention, Intervention, and Postvention: [icisf.org/suicide-prevention-intervention-and-postvention/](https://icisf.org/suicide-prevention-intervention-and-postvention/)**