

Support Someone's Behavioral Health



hey you,
you matter

A person's wellbeing means more than just their physical health — it's behavioral health, too.

Behavioral health includes mental health challenges and disorders, substance use disorders, recovery, treatment, mental health support, suicide prevention and so much more.

Even though mental health disorders affect 1 in 6 South Dakota adults, open conversations about them aren't quite as common. We're here to help change that.

So let this simple note remind you that every South Dakotan has worth and value. Everyone deserves to be happy. And anyone can start a conversation that could save a life.



Find resources, information and more at
SDBehavioralHealth.gov

See Someone. Support Someone.

Living with mental health challenges or a substance use disorder can be isolating. But even in dark times you can be the one to bring the light.

Just Ask

Step One

The easiest way to find out if someone is in crisis is to just ask. Reach out, ask if they're okay, and let them know you're here.

Step Two

By listening, you show support and offer help in an open, non-judgmental way. Spend quality, uninterrupted time with them, and let them talk. Then ask how you can help.

Listen

Step Three

Keep them Safe. & Connect with Help.

If someone is thinking about suicide and they've voiced a plan, keep them safe. Be there physically or by phone. Encourage them to seek professional support. Share the 988 number and offer help any way you can.

Step Four

Consistent support matters. Take weekly walks together. Send notes and check in. Stay in regular contact to let the person know you care, and make a plan in case you can't reach them.

Follow Up



Find more ways to start the conversation at
[SDBehavioralHealth.gov](https://www.SDBehavioralHealth.gov)