



Step Forward to Prevent Suicide

The Helpline Center is proud to announce its first annual walk to prevent suicide. Step Forward to Prevent Suicide will be held on June 23, 2012 in Sioux Falls. 100% of the proceeds will stay in South Dakota to support the Helpline Center's suicide prevention services and suicide survivor support programs.



- Step Forward to remember those lost to suicide.
- Step Forward to bring awareness to suicide.
- Step Forward to support the Helpline Center's programs for suicide prevention and survivor support.

Helpline Center's Commitment to Local Suicide and Crisis Support Funds raised from the walk will support the following:

- **Suicide and Crisis Support Line**
 - The Helpline Center answers the only accredited suicide crisis line in South Dakota, 1-800-273-8255. Trained call specialists listen and provide critical support to callers 24/7. In 2010, the Helpline Center answered nearly 1,000 crisis and suicide-related calls from across South Dakota.
- **Local Outreach to Suicide Survivors (LOSS)**
 - This program provides a support team that visits family members immediately after a loved one's death. The team reaches out to offer support during a difficult time and also provides packets with grief resources.
- **Suicide Survivor Grief Services**
 - The Helpline Center offers a nine-week educational class three times a year for people who have lost a loved one to suicide. A monthly support group is also held on the first Thursday of the month.
- **Suicide Prevention Trainings**
 - The Helpline Center provides a variety of suicide prevention presentations and trainings statewide. Presentations can be as short as an hour or as in-depth as a two-day training.

Please call 274-1418 or email alissa@helplinecenter.org for more information.