

SEPTEMBER IS SUICIDE PREVENTION — AWARENESS MONTH —

Start the Conversation. 
YOU COULD HELP SAVE A LIFE.

Suicide affects individuals, families and communities across Minnesota—especially in rural communities like ours. But **suicide is preventable, help is available, and recovery is possible.**

**BECKER
COUNTY**
— MINNESOTA —




YOU MATTER.
YOUR LIFE HAS VALUE.
YOU DON'T HAVE TO
CARRY THIS ALONE.

THE FACTS IN MINNESOTA



Preliminary data from the Minnesota Department of Health show that Minnesota's suicide rate **increased approximately 4% in 2025.**



Rural communities are at greater risk. In 2024, the suicide rate in Minnesota's rural counties was **twice the rate** of Twin Cities metropolitan counties.



In 2024, nearly **80%** of Minnesotans who died by suicide were **male.**



Firearms were involved in approximately **51%** of Minnesota suicide deaths in 2024.



American Indian people alone or in combination experience **higher rates of suicide** than White Minnesotans alone or in combination.

Sources: Minnesota Department of Health – Suicide Data Brief 2025 (preliminary)

YOU CAN HELP.

Start the conversation.



ASK. Don't be afraid to ask directly, "Are you thinking about suicide?" Asking does not put the idea in someone's head.



LISTEN. Listen without judgment. Let them know you care.



STAY. Stay with them. Take what they say seriously.



HELP CONNECT. Help them connect with support and resources.



Small conversations can lead to big change.

One conversation may be the beginning of hope.

CHANGE YOUR MIND. STRENGTHEN YOUR LIFE.



CredibleMind

CredibleMind is a free, confidential online library ready to build your mental health. It's information to help you:

- **Feel better**
- **Manage stress and life challenges**
- **Grow mentally stronger**



Get started!

Take a Mental Health Check-In or browse helpful topics.



OUR COMMUNITY. OUR RESPONSIBILITY.

We all have a role in suicide prevention. Let's look out for one another—our farmers, veterans, youth, elders, neighbors, friends and loved ones.

You never know who might need a reminder today:

You are not alone. There is hope.

HELP IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK.

**BECKER COUNTY
MOBILE MENTAL HEALTH
CRISIS RESPONSE**



218-850-4357
(218-850-HELP)
1-877-380-3621

Crisis professionals can come to you.
Services for children and adults.

**SERVING BECKER COUNTY AND
WHITE EARTH NATION**

CALL OR TEXT



988

SUICIDE & CRISIS LIFELINE

Free. Confidential. 24/7.

You don't have to be suicidal to reach out.
Help is here for you.

TEXT



HOME
to **741741**

Crisis Text Line

Free. Confidential. 24/7.

Connect with a trained counselor
by text anytime, anywhere.

**IN AN IMMEDIATE
LIFE-THREATENING EMERGENCY**



CALL 911

If someone is in immediate danger,
call 911 or go to the nearest
emergency room.



BE KIND. REACH OUT. STAY CONNECTED.

Together, we can save lives.



You matter. Your life has value. You don't have to carry this alone.