

Helpsheets

HelpSheets

[Home](#) > [Find Help](#) > Helpsheets

HelpSheets are brief documents providing an overview of a special topic as well as the keywords to search in our online database.

Basic Needs

- [Affordable Rental Housing](#)
- [Evictions](#)
- [Food Resources: What are my Options?](#)
- [Rent Calculator: How Much Can You Afford?](#)
- [Tenant's Rights](#)

Mental Health

- [988 Information and Update](#)
- [Children's Mental Health](#)
- [Considering Counseling](#)
- [Cost Options for Behavioral Health Care in South Dakota](#)
- [How to Help a Loved One In a Mental Health Crisis](#)
- [Involuntary Commitment \(IVC\) for Mental Health Issues Process Overview](#)
- [Involuntary Commitment \(IVC\) Necessary Details for Filing a Petition](#)
- [Reporting Suicidal Comments Made on Social Media](#)
- [Safeguarding Your Home](#)
- [Safety Planning Guide](#)
- [Taking Care of Me!](#)
- [Types of Behavioral Health Professionals and Specialty Topics](#)
- [When Gambling Negatively Impacts Your Life](#)

Public Health Issues

- [Bed Bugs](#)
- [Head Lice](#)
- [Mold](#)
- [Safely Dispose of Unused or Expired Medicine](#)

Substance Use

- [Good Samaritan Law for Overdose Safety](#)
- [Harm Reduction for Substance Use](#)
- [How to Help a Loved One with Opioid Use Issues](#)
- [Intensive Methamphetamine Treatment \(IMT\)](#)
- [Involuntary Commitment \(IVC\) for Substance Use Disorder](#)
- [Medication-Assisted Treatment \(MAT\)](#)
- [Options in a Substance Use Crisis](#)
- [Reverse an Overdose: Naloxone \(NARCAN\)](#)
- [Substance Use Treatment Options](#)

Special Topics/Misc.

- [Creating an Email Account without a Phone Number](#)
- [Disability Benefits](#)
- [Getting an ID When You Have Lost all Forms of ID](#)
- [Help with Technical Issues on Facebook](#)
- [Replacing Important Papers/Documents](#)
- [Steps to Changing Your Name](#)
- [Transitioning to Life After Prison](#)
- [What to do When a Loved One Dies](#)

**If you have an idea for a HelpSheet, email it to database@helplinecenter.org