

## Mental Health Resource Guide

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### Abuse/Trauma Counseling (for children and/or adult victims and survivors)

#### **Counseling Services offered at Circle of Encouragement Counseling**

1514 12th Street S., Brookings, SD 57006

**Email:** [encourage@brookings.net](mailto:encourage@brookings.net)

**Phone:** 605-691-7630

**Hours:** 8:00am - 6:00pm (CT), Monday - Friday by appointment

**Services Offered:** Provides individual therapy and consultation/training services in the following areas - anxiety, behavioral concerns, depression, divorce, grief and loss, life transitions, parenting, school issues, play therapy, and workplace management.

Primary emphasis is working with children, adolescents, and families. Also provides training and consulting with schools and communities.

**Coverage Area:** Brookings area and others by appointment

#### **Counseling Services offered at Lighthouse Counseling Services**

101 22nd Avenue, Brookings, SD 57006

**Email:** [lighthousecounselingservices@outlook.com](mailto:lighthousecounselingservices@outlook.com)

**Phone:** 605-690-4645

**Hours:** 7:00am - 7:00pm (CT), Monday - Friday Weekend appointments available

**Services Offered:** Offers mental health services for adults, couples, children (including adolescents), and families. Specialties include: anxiety, depression, mood disorders, relationship issues, family therapy, children/adolescents, Autism, PTSD, military service or Veteran issues. Helps clients address and treat behavioral, educational, and relationship issues. Trauma Specialist certified in Prolonged Exposure Therapy, Cognitive Processing Therapy and Certified School Counselor as well. Offering face to face counseling services as well as telehealth services.

**Coverage Area:** Brookings and surrounding area

#### **Counseling Services offered at New Perspectives Counseling, LLC**

1451 6th Street, Brookings, SD 57006

**Website:** [www.clearreflections-counseling.com](http://www.clearreflections-counseling.com)

**Email:** [new.perspectives@hotmail.com](mailto:new.perspectives@hotmail.com)

**Phone:** 605-651-9473

**Hours:** 9:00am - 6:00pm (CT), Monday - Thursday

**Services Offered:** Provides individual and/or family therapy in the areas such as anxiety, depression, stress management, behavioral issues, school issues, divorce, grief and loss, life transitions, parent education, and trauma. Primary emphasis is working with children, adolescents, and families. Also, provides treatment using brainspotting techniques. Telemental health services are available via Zoom. First session preferably in person.

**Coverage Area:** Brookings area

#### **Counseling Services offered at Clear Perspectives Counseling Associates**

1451 6th Street, Brookings, SD 57006

**Phone:** 605-651-7416

**Hours:** 9:00am - 6:00pm (CT), Monday - Thursday Friday by appointment only

**Services Offered:** Provides mental health counseling services to individuals, couples, groups, and families. Works with a wide range of client populations experiencing issues including anxiety, depression, mood disorders, life stage changes, adjustment issues, relationship problems, behavior issues, substance abuse and recovery, grief, trauma, parenting and discipline, educational/vocational and concerns. Offers EMDR and Brain spotting for trauma treatment and recovery.

**Coverage Area:** Brookings area

### **Counseling Services offered at Tumbleweed Counseling**

212 5th Avenue, Brookings, SD 57006

**Website:** [tumbleweedcounselingsd.com](http://tumbleweedcounselingsd.com)

**Email:** [tumbleweedcounseling@gmail.com](mailto:tumbleweedcounseling@gmail.com)

**Phone:** 605-736-2106

**Hours:** 8:00am - 5:00pm (CT), Monday - Thursday

**Services Offered:** Offering therapy in person and via telehealth.

Services include individual counseling, dialectical behavioral therapy, LGBTQ+ counseling, adolescent / youth counseling, perinatal counseling, parent counseling, trauma informed therapy, and cognitive behavioral therapy.

Also offers a free postpartum wellness group for new mothers.

**Coverage Area:** Located in Brookings, serves South Dakota

### **Counseling Services offered at Yellow Brick Road Counseling and Therapy**

601 4th Street, Brookings, SD 57006

**Phone:** 605-214-6855

**Hours:** 8:00am - 6:00pm (CT), Monday - Thursday

**Services Offered:** Mental health clinic addressing trauma in a safe and healthy way. Services offered include individual counseling, marriage counseling, divorce counseling, grief/bereavement counseling, Dialectical Behavioral Therapy (DBT), child abuse counseling, child abuse survivor counseling for adults, family counseling, couples counseling, trauma informed therapy, Cognitive Behavioral Therapy (CBT), adolescent/youth counseling, parent counseling, spouse/intimate partner abuse counseling, elemental health, traumatic incident reduction, and Eye Movement Desensitization and Reprocessing (EMDR).

**Coverage Area:** Eastern South Dakota

### **Counseling Services offered at Growth Collective, The**

601 4th Street, Suite 111, Brookings, SD 57006

**Phone:** 605-620-1745

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** A group mental health counseling practice serving children and their families age 3 - adult. Provides school-based counseling as well as in-office appointments and telemental health.

**Coverage Area:** Located in Brookings but serving statewide via telemental health.

### **Counseling Services offered at Rising Hope Counseling, LLC**

601 4th Street, Suites 101, 102, 104, Brookings, SD 57006

**Website:** <https://risinghope.com/>

**Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** 8:30am - 4:30pm (CT), Monday - Thursday 8:30am - 12:00noon (CT), Friday

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Counseling Services offered at Brookings Counseling Solutions, LLC**

1304 Main Avenue S., Brookings, SD 57006

**Website:** [www.brookingscounselingsolutions.com](http://www.brookingscounselingsolutions.com)

**Email:** [office@srbservice.com](mailto:office@srbservice.com)

**Phone:** 605-999-6162

**Hours:** Generally 8:00am - 5:00pm (CT), Monday - Thursday by appointment only

**Services Offered:** Provides treatment needs assessments for individuals with addictions and mental health challenges. Individual, couple and family counseling for ages 12 and up; all genders welcome. Services are individualized, trauma informed, holistic and strength based. Services are offered both face to face and via telehealth, which can be accessed with smart phone, tablet or computer. Treatment approaches include animal assisted therapy, Cognitive Behavioral Therapy (CBT), Solution Focused Brief Therapy (SFBT), hypnotherapy, Emotional Freedom Technique (EFT), brainspotting, and Accelerate Resolution Therapy (ART) and others.

Reiki is available to help resolve emotional and physical distress by allowing healing energy to flow freely throughout the body.

Common issues and disorders addressed include, but are not limited to, anxiety, depression, bipolar disorder, schizophrenia, eating disorders, chronic pain, addictions, trauma, body image and life changes.

**Coverage Area:** Brookings area for face to face services; South Dakota for telehealth services

### **Counseling Services offered at Uckert Counseling**

619 5th Avenue, Suite 3, Brookings, SD 57006

**Website:** [www.uckertcounseling.com](http://www.uckertcounseling.com)      **Email:** [uckertcounseling@gmail.com](mailto:uckertcounseling@gmail.com)

**Phone:** 605-592-5300

**Hours:** 9:00am - 4:00pm (CT), Monday - Thursday

**Services Offered:** Providing mental health counseling to individuals. Areas of specialty include using Accelerated Resolution Therapy for anxiety, trauma, and other issues. Other areas of interest include adjustments and women's issues.

**Coverage Area:** Brookings area

### **Counseling Services offered at Brookings Behavioral Health & Wellness**

211 4th Street, The Ivy Center, Brookings, SD 57006

**Phone:** 605-697-2850

**Hours:** 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00pm (CT), Friday Crisis Services Available 24 hours a day / 7 days a week

**Services Offered:** Offers mental health and substance use services as well as both family and individual case management services which include comprehensive child/adolescent/family services, comprehensive adult/family services, a dult/adolescent/family substance abuse services, and outpatient psychiatric medical services. Walk-in assessments available during regular business hours and emergency mental health crisis support services available 24 hours a day / 7 days a week. Telehealth services also available.

**Coverage Area:** Brookings County and surrounding communities in South Dakota & Minnesota

### **Crisis Hotline and Emergency Shelter offered at Margo's Place**

807 Onaka Trail, Brookings, SD 57006

**Website:** [margosplace.co](http://margosplace.co)      **Email:** [domestic@margosplace.org](mailto:domestic@margosplace.org)

**Phone:** 605-692-7233

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** A 24-hour crisis hotline and emergency shelter providing: assistance and or 'emergency temporary' shelter to victims of dating & domestic violence, human trafficking, sexual assault and stalking.

Services offered include crisis intervention, 24 hour crisis hotline, assistance in obtaining and filing Protection and Stalking orders, assistance with rape response calls, referral services to other helping agencies in the community, Weekly Support Group, and Outreach and Education Prevention.

Limited financial assistance available. All services are free and confidential.

**Coverage Area:** Counties of Brookings and Kingsbury

### **Life Coaching Services offered at Rita Olson Counseling & Mediation**

1727 Teton Pass, Brookings, SD 57006

**Phone:** 605-690-3465

**Hours:** 9:00am - 5:00pm (CT), Tuesday Other times available on as needed basis

**Services Offered:** Life Coaching Services provided to adults and children above the age of 8 via Zoom.

**Coverage Area:** Brookings area

**Counseling Services offered at Rising Hope Counseling, LLC**

121 S. Egan Avenue, Madison, SD 57042

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)**Phone:** 605-494-1500**Hours:** Call for information**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Coverage Area:** South Dakota**Counseling Services offered at Rising Hope Counseling, LLC**

120 S. Main Street, The Minor County Pioneer, Howard, SD 57349

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)**Phone:** 605-494-1500**Hours:** Call for information**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Coverage Area:** South Dakota**Counseling Services offered at Rising Hope Counseling, LLC**

818 S. Broadway Street, Suite 113, Watertown, SD 57201

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)**Phone:** 605-494-1500**Hours:** Call for information**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Coverage Area:** South Dakota**Counseling Services offered at Better Me Counseling and Consulting**

1105 Jensen Avenue, S.E., Watertown, SD 57201

**Phone:** 605-880-0100**Hours:** 8:30am - 5:30pm (CT), Tuesday, Wednesday, Thursday 9:00am - 7:00pm (CT), Monday**Services Offered:** Provides mental health counseling including the following services: individual counseling, marriage counseling, family counseling, couples counseling, divorce counseling, grief/bereavement counseling, LGBTQ counseling, child abuse counseling, child abuse survivor counseling for adults, trauma informed therapy, cognitive behavioral therapy, parent counseling, spouse/intimate partner abuse counseling, telehealth counseling, farm crisis counseling, and retirement and aging concerns.**Coverage Area:** Counties of Codington, Hamlin, Clark, and South Dakota via telehealth**Counseling Services offered at Rising Hope Counseling, LLC**

304 W. SD Highway 38, Suite 126, Hartford, SD 57033

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)**Phone:** 605-494-1500**Hours:** Call for information**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Coverage Area:** South Dakota**Summit Oaks Center offered at Lutheran Social Services - Southeast Region**

621 E. Presentation Street, Sioux Falls, SD 57104

**Website:** <https://lsssd.org/what-we-do/residential-services-for-children-youth/>

**Email:** [info@lsssd.org](mailto:info@lsssd.org)

**Phone:** 605-221-2346

**Hours:** Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential services: 24 hours a day / 7 days a week

**Services Offered:** Provides residential treatment services including: 24-hour psychiatric residential care in a therapeutic and structured environment; individual, group, and family counseling, campus school, psychiatric services, case management, after care services, and independent living skills training.

**Coverage Area:** South Dakota

### **Residential Treatment offered at Children's Home Society of South Dakota**

801 N. Sycamore Avenue, Loving School, Sioux Falls, SD 57110

**Phone:** 605-334-6004

**Hours:** Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential 24 hours a day / 7 days a week

**Services Offered:** A 24-hour residential and psychiatric treatment center serving emotionally disturbed and learning disabled children between the ages of 4-14. This program also provides special education services and intensive therapy for children and families who are experiencing difficulty at home, in school, or in the community. Services include day school and residential programs, evaluation services, family supportive services, consultation and training services.

Madsen House is designed to provide comprehensive psychiatric diagnosis and assessments, as well as short-term treatment for children ages 4-14 with emotional and behavioral problems.

Madsen House Intensive Unit is an eight-bed unit for children ages 4-14 who have severe or chronic emotional and behavioral disorders. Treatment includes psychiatric care, adaptive management, individual, group and family therapy and academic programming. Childcare teams consist of three counselors and one team coordinator, creating a ratio of one staff for every two children.

**Coverage Area:** South Dakota

### **Counseling Services offered at Midwest Wellness Institute, PLLC**

317 N. Main Avenue, Suite 100, Sioux Falls, SD 57104

**Website:** [www.mwihealth.org/](http://www.mwihealth.org/) **Email:** [office@mwihealth.org](mailto:office@mwihealth.org)

**Phone:** 605-800-7477

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Offers psychiatric evaluations, medication management, and individual psychotherapy at the Sioux Falls clinic for all ages, with telehealth options available. Midwest Wellness Institute also brings psychiatric care and medication management to underserved areas through telehealth and on-site clinics, hospitals, correctional facilities and nursing homes through contracted mental health services.

Services include TMS Therapy, Spravato, Botox Injections, Individual Psychotherapy Counseling, Correctional Rehabilitation, Mental Health Screening, Psychological Assessments, Pediatric Psychiatry, Adolescent Psychiatry, Adult Psychiatry, Geriatric Psychiatry, Medication Management, Medication-Assisted Treatment for Opioid Addiction, Independent Psychiatric Evaluations, and Forensic Psychiatry.

**Coverage Area:** South Dakota

### **Mental Health Counseling and Parenting Classes offered at Recourse Solutions Sioux Empire LLC**

100 S. Spring Avenue, Sioux Falls, SD 57104

**Phone:** 605-271-6979

**Hours:** 11:00am - 5:00pm (CT), Monday, Tuesday, Thursday, Friday 11:00am - 7:00pm (CT), Wednesday

**Services Offered:** Providing mental health services, Positive Indian Parenting (parenting education for Native American parents), and court approved parent education classes for parents who are separated or divorced.

Also provides custody evaluations, mediations, and Social Early Neutral Evaluations (SENE).

**Coverage Area:** South Dakota and Iowa via telehealth. Social Early Neutral Evaluation (SENE) is available in Minnesota via telehealth.

### **Counseling Service offered at Dakota Hope Counseling**

100 N. Krohn Place, Suite 309, Sioux Falls, SD 57103

**Phone:** 605-223-5155

**Hours:** 9:00am - 8:00pm (CT), Monday - Friday

**Services Offered:** Offers therapeutic interventions and healing in a variety of ways, including creative outlets like play, music and art.

Specific approaches include: Individual counseling, Dialectical behavioral therapy, LGBTQ+ counseling, Child abuse survivor counseling for adults, Couples (conjoint) counseling, Faith based counseling, Adolescent/youth counseling, Parent counseling, Spouse/intimate partner abuse counseling, Mass shooting counseling, Grief/bereavement counseling, Child abuse counseling, Family counseling, Play therapy, Cognitive behavioral therapy. Also trained to do Animal Assisted Play Therapy.

In-person and telehealth counseling appointments available.

**Coverage Area:** In person: Sioux Falls area; Telehealth: South Dakota

### **Mental Health Counseling and Parenting Classes offered at Recourse Solutions Sioux Empire LLC**

629 S. Minnesota Avenue, Suite 203, Sioux Falls, SD 57104

**Phone:** 605-271-6979

**Hours:** 11:00am - 5:00pm (CT), Monday, Tuesday, Thursday, Friday 11:00am - 7:00pm (CT), Wednesday

**Services Offered:** Providing mental health services, Positive Indian Parenting (parenting education for Native American parents), and court approved parent education classes for parents who are separated or divorced.

Also provides custody evaluations, mediations, and Social Early Neutral Evaluations (SENE).

**Coverage Area:** South Dakota and Iowa via telehealth. Social Early Neutral Evaluation (SENE) is available in Minnesota via telehealth.

### **24/7 Hotline Number offered at Domestic Violence Hotline for South Dakota**

No Physical Address, Sioux Falls, SD 57105

**Phone:** 800-430-7233

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** The Domestic Violence Hotline for South Dakota is answered by the Helpline Center providing support and crisis intervention 24 hours a day / 7 days a week.

**Coverage Area:** South Dakota

### **Outpatient Mental Health Services offered at Alyssa Petersen Mental Health Counseling**

3500 S. Philips Avenue, Suite 100, Sioux Falls, SD 57105

**Website:** [www.alyssapetersencounseling.com](http://www.alyssapetersencounseling.com)      **Email:** [office@alyssapetersencounseling.com](mailto:office@alyssapetersencounseling.com)

**Phone:** 605-321-9762

**Hours:** 9:00am - 8:00pm (CT), Monday - Friday

**Services Offered:** Provides comprehensive outpatient mental health and chemical dependency services for individuals of all ages. Offers therapy for a wide range of emotional, behavioral, and psychological concerns, including anxiety, depression, trauma, addiction, relationship issues, and life transitions. Services are available in both in-person and virtual formats to ensure accessibility and flexibility. The practice also offers emotional support animal (ESA) evaluations and is committed to providing a safe, inclusive, and culturally responsive environment for all clients.

**Coverage Area:** South Dakota

### **Counseling Services offered at Lutheran Family Service**

3409 W. 47th Street, Suite 103, Sioux Falls, SD 57106

**Website:** <https://lutheranfamilyservice.org/>      **Email:** [info@lutheranfamilyservice.org](mailto:info@lutheranfamilyservice.org)

**Phone:** 605-271-1081

**Hours:** Call for appointment.

**Services Offered:** Provides marriage and family counseling, pregnancy counseling, grief counseling, trauma-informed counseling, career counseling, domestic violence/spouse/intimate partner abuse counseling, child abuse survivor counseling, parent counseling, and telemental health.

**Coverage Area:** Offices located in Sioux Falls and Deadwood and serves the state of South Dakota via telehealth.

**Counseling Services offered at Talking Pointe, The**

3701 W. 49th Street, Suite 202C, Sioux Falls, SD 57106

**Phone:** 605-215-1309

**Hours:** 9:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Counseling services offered are individual counseling, couples counseling, family counseling, youth counseling, marriage counseling, parent counseling, divorce counseling, spouse/intimate partner abuse counseling, child abuse counseling, grief/bereavement counseling, child abuse counseling, child abuse survivor counseling for adults, terminal illness counseling, telemental health, and mental health screening.

Other areas of expertise are trauma informed therapy, cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), custody evaluations, and eye movement desensitization and reprocessing (EMDR).

**Coverage Area:** Sioux Falls and surrounding areas. Telehealth appointments are available for east river clients.

**Counseling Services offered at Stronghold Counseling Services, Inc.**

4300 S. Louise Avenue, Suite 201, Sioux Falls, SD 57106

**Website:** [www.strongholdcounseling.com](http://www.strongholdcounseling.com) **Email:** [info@strongholdcounseling.com](mailto:info@strongholdcounseling.com)

**Phone:** 605-334-7713

**Hours:** 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

**Services Offered:** Provides assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues. Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face.

**Coverage Area:** South Dakota

**Counseling Services offered at Midwest Wellness Institute, PLLC**

4308 S. Arway Drive, Sioux Falls, SD 57106

**Website:** [www.mwihealth.org/](http://www.mwihealth.org/) **Email:** [office@mwihealth.org](mailto:office@mwihealth.org)

**Phone:** 605-573-2000

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Offers psychiatric evaluations, medication management, and individual psychotherapy at the Sioux Falls clinic for all ages, with telehealth options available. Midwest Wellness Institute also brings psychiatric care and medication management to underserved areas through telehealth and on-site clinics, hospitals, correctional facilities and nursing homes through contracted mental health services.

Services include TMS Therapy, Spravato, Botox Injections, Individual Psychotherapy Counseling, Correctional Rehabilitation, Mental Health Screening, Psychological Assessments, Pediatric Psychiatry, Adolescent Psychiatry, Adult Psychiatry, Geriatric Psychiatry, Medication Management, Medication-Assisted Treatment for Opioid Addiction, Independent Psychiatric Evaluations, and Forensic Psychiatry.

**Coverage Area:** South Dakota

**Counseling Services offered at Robin Rossow LLC**

3220 W. 57th Street, Suite 111, Sioux Falls, SD 57108

**Phone:** 605-250-1226

**Hours:** 8:00am - 3:00pm (CT), Monday, Tuesday, Thursday 8:00am - 2:00pm (CT), Wednesday

**Services Offered:** Individual counseling for adults and young adults. Specialty areas include, anxiety, trauma, depression, life change, relationship challenges, post traumatic stress (PTSD), feeling stuck, family of origin challenges, abuse issues, confidence and self-esteem challenges, fertility challenges, parenting, postpartum anxiety or depression, sports performance, and career counseling.

Therapies available include, but are not limited to eye movement desensitization and reprocessing (EMDR), cognitive behavior therapy (CBT), mindfulness based cognitive therapy (MBCT), and solution focused brief therapy. Telehealth services available.

**Coverage Area:** In-person services in the counties of Lincoln, Mccook, Minnehaha and Turner; services statewide via telehealth.

**Counseling Services offered at Counseling Cafe, The**

4804 S. Minnesota Avenue, Suite 108, Sioux Falls, SD 57108

**Website:** [thecounselingcafesf.com](http://thecounselingcafesf.com)      **Email:** [info@thecounselingcafesf.com](mailto:info@thecounselingcafesf.com)**Phone:** 605-271-8008**Hours:** 9:00am - 7:00pm (CT), Monday 9:00am - 5:00pm (CT), Tuesday - Thursday 9:00am - 12:00noon (CT), Friday**Services Offered:** Providing a safe place for people to explore, discover and accept the individual as they are. Services offered include Evaluations and assessments, Professional therapy and counseling, and a free coffee bar and baked goods for clients.

Licensed clinical professionals work with individuals, couples and families.

**Coverage Area:** South Dakota, Northwest Iowa and Minnesota**Counseling Services offered at Guiding Light Counseling, LLC**

5000 S. Minnesota Avenue, Suite 318, Sioux Falls, SD 57108

**Website:**<https://sarah-scherr.clientsecure.me/?mld=18341d8b6e8569-0e1e8db0ccd33d-26021c51-15f900-18341d8b6e93cc#home>**Email:** [guidinglightcounselingsf@gmail.com](mailto:guidinglightcounselingsf@gmail.com)**Phone:** 605-413-6835**Hours:** 9:00am - 5:00pm (CT), Monday, Tuesday, Thursday, Friday 12:00noon - 6:00pm (CT), Wednesday**Services Offered:** Counseling services offered at this agency include individual counseling, dialectical behavioral therapy (DBT), child abuse survivor counseling for adults, youth counseling, parent counseling, grief counseling, trauma informed therapy, cognitive behavioral therapy, and elemental health counseling.

Also trained in:

Accelerated Resolution Therapy - a type of therapy that helps alleviate trauma symptoms.

**Coverage Area:** South Dakota. Telehealth visits are available for people living outside of the Sioux Falls area.**Counseling Services offered at Rising Hope Counseling, LLC**

5120 S. Western Avenue, Suite 102, Sioux Falls, SD 57108

**Website:** <https://risinghope.com/>      **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)**Phone:** 605-494-1500**Hours:** 8:00am - 4:00pm (CT), Monday - Thursday 9:00am - 2:00pm (CT), Friday**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Coverage Area:** South Dakota**Counseling Services offered at Rising Hope Counseling, LLC**

6320 S. Western Avenue, Suite 150, Sioux Falls, SD 57108

**Website:** <https://risinghope.com/>      **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)**Phone:** 605-494-1500**Hours:** Call for information.**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Coverage Area:** South Dakota**Counseling Services offered at Aspire Counseling, LLC**

6340 S. Western Avenue, Sioux Falls, SD 57108

**Website:** [www.aspirecounselingsd.com](http://www.aspirecounselingsd.com)      **Email:** [info@aspirecounselingsd.com](mailto:info@aspirecounselingsd.com)**Phone:** 605-277-1422**Hours:** 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 1:00pm (CT), Friday

**Services Offered:** Provides therapy services for those with mental health needs, striving to meet clients in their time of need, creating a secure location to explore, process and establish healthy coping skills.

Services include individual counseling, marriage counseling, divorce counseling, grief/bereavement counseling, dialectical behavioral therapy (DBT), terminal illness counseling, LGBTQ counseling, child abuse counseling, child abuse survivor counseling for adults, family counseling, couples (conjoint) counseling, trauma informed therapy, cognitive behavioral therapy (CBT), adolescent/youth counseling, gender identity counseling, parent counseling, and spouse/intimate partner abuse counseling.

Tele-health services are available statewide.

**Coverage Area:** Located in Sioux Falls, serving South Dakota via telehealth

### **Counseling Services offered at Evergreen Counseling and Consulting Services, LLC**

6809 S. Minnesota Avenue, Suite 102, Sioux Falls, SD 57108

**Phone:** 605-423-7880

**Hours:** Varies; call for appointment times.

**Services Offered:** Focuses on supporting people through grief/loss, life transitions, mental health challenges, and family conflict. The therapy process offers the ability to process situations that may be difficult while also giving clients the ability to learn new skills that improve their daily lives and relationships.

Other areas of training or expertise include ADHD, Autism Spectrum Disorder, miscarriage and infertility, and women's issues.

**Coverage Area:** Located in Sioux Falls but serving the state of South Dakota via telemental health.

### **Counseling Services offered at Yellow Brick Road Counseling and Therapy**

6901 S. Lyncrest Place, Suite 104, Sioux Falls, SD 57105

**Phone:** 605-214-6855

**Hours:** 8:00am - 6:00pm (CT), Monday - Thursday

**Services Offered:** Mental health clinic addressing trauma in a safe and healthy way. Services offered include individual counseling, marriage counseling, divorce counseling, grief/bereavement counseling, Dialectical Behavioral Therapy (DBT), child abuse counseling, child abuse survivor counseling for adults, family counseling, couples counseling, trauma informed therapy, Cognitive Behavioral Therapy (CBT), adolescent/youth counseling, parent counseling, spouse/intimate partner abuse counseling, telemental health, traumatic incident reduction, and Eye Movement Desensitization and Reprocessing (EMDR).

**Coverage Area:** Eastern South Dakota

### **Counseling Services offered at Rising Hope Counseling, LLC**

317 N. Heritage Parkway, Tea, SD 57064

**Website:** <https://risinghope.com/>      **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Telehealth Counseling Services offered at Therapy Lawgic**

No Physical Location, Harrisburg, SD 57032

**Phone:** 605-900-6345

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Provides mental health therapy via telehealth services for individuals, couples, and adolescents. Areas of specialty include anxiety, depression, trauma, relationship challenges, and LGBTQ+ empowerment. Sessions are tailored to meet clients personal needs in a secure, confidential, and convenient virtual environment.

**Coverage Area:** South Dakota

### **Youth Residential Treatment Facility Huron offered at Our Home, Inc.**

40354 210th Street, Huron, SD 57350

**Phone:** 605-352-9098

**Hours:** Office Hours: 8:00am - 5:00pm (CT) Monday - Friday Residential services: 24 hours a day / 7 days a week

**Services Offered:** Psychiatric Residential Treatment Center (PRTF) - Huron, serves male youth ages 10-17 that have identified treatment needs, which are beyond community-based services. These issues may include current or pending legal, school, or family issues. To achieve programming that meets the needs of each individual youth, is evidence based, and easily understood, PRTF-Huron's foundation in programming is based on Positive Peer Culture which emphasizes a therapeutic group milieu which focuses on respect for self and others and development of care and concern. The Positive Peer Culture modality assists in meeting the universal growth needs of youth for affiliation, achievement, autonomy and altruism through improvement in social competence and cultivating identified strengths in youth. The goal for youth in the program is to utilize Positive Peer Culture to guide youth into developing healthier mindsets and coping skills for identified treatment need(s). Youth will also be introduced to additional trauma informed practices, which are complimentary and in accord with Positive Peer Culture to meet individualized treatment planning goals. These practices include various identified clinical assessments, individual and group therapy sessions, and individualized assignments. A multidisciplinary treatment team overseen by a Clinical Psychologist and Medical Director works with the youth and family to design a treatment plan that addresses each youth's individual needs and objectives for success.

**Coverage Area:** South Dakota

### **Counseling Services offered at Rising Hope Counseling, LLC**

904 E. 5th Street, Canton, SD 57013

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Counseling Services offered at Rising Hope Counseling, LLC**

79 2nd Street S.W., Suite 202, Huron, SD 57350

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for more information

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Counseling Services offered at Rising Hope Counseling, LLC**

1401 N. Main Street, Suite 108 and 109, Mitchell, SD 57301

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** 9:00am - 5:00pm (CT), Monday and Wednesday 10:00am - 6:00pm (CT), Tuesday

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Therapy Services offered at Embracing Change Counseling Services, LLC**

221 E. 3rd Avenue, Mitchell, SD 57301

**Phone:** 605-306-0359

**Hours:** 9:00am - 5:00pm (CT), Monday - Thursday

**Services Offered:** Services provided are individual counseling, divorce counseling, faith based counseling, youth counseling, parent counseling, family counseling, grief/bereavement counseling, terminal illness counseling, child abuse counseling, crime victim/witness counseling, geriatric psychiatry, Cognitive Behavioral Therapy (CBT), and Trauma Informed Therapy.

Areas of training or expertise include rural mental health - meeting farmers, ranchers, and their families where they are at, often times at their farm. Hours can be accommodated to fit the harvest/planting schedule; anxiety, depression, suicidal ideation, life transitions, farm succession, parenting strategies, communication styles, and trauma.

Counseling sessions are also available via telehealth.

**Coverage Area:** In-person sessions available for residents of Davison County. Telemental Health is available for all South Dakota residents.

### **Residential Treatment Services offered at Abbott House**

909 Court Merrill, Mitchell, SD 57301

**Website:** <https://www.abbotthouse.org/residential-treatment/>

**Email:** [info@abbotthouse.org](mailto:info@abbotthouse.org)

**Phone:** 605-996-2486

**Hours:** Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential services: 24 hours a day / 7 days a week

**Services Offered:** Provides 2 Psychiatric Residential Treatment Facilities (PRTF) for young women in nurturing, trauma-informed settings. The program offers an array of therapeutic services such as evidence-based trauma informed programming, special education schooling, individual therapy, group therapy, alcohol and drug treatment, and independent living skills.

A variety of therapeutic techniques are used such as eye movement desensitization and reprocessing (EMDR), neurofeedback, bio feedback, cognitive behavior therapy (CBT), and dialectical behavior therapy (DBT).

**Coverage Area:** South Dakota

### **Counseling Services offered at Rising Hope Counseling, LLC**

45474 288th Street, Viborg, SD 57070

**Website:** <https://risinghope.com/>

**Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information.

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Counseling Services offered at Rising Hope Counseling, LLC**

1119 Main Street, Webster, SD 57274

**Website:** <https://risinghope.com/>

**Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** By appointment only.

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Counseling Services offered at Rising Hope Counseling, LLC**

1108 W. Cedar Street, Suite 5B, Beresford, SD 57004

**Website:** <https://risinghope.com/>

**Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information.

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

**Youth Residential Treatment Facility Parkston offered at Our Home, Inc.**

103 W. Maple Street, Parkston, SD 57366

**Phone:** 605-928-7907

**Hours:** Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential services: 24 hours a day / 7 days a week

**Services Offered:** Psychiatric Residential Treatment Center (PRTF) - Parkston serves female youth ages 12-17 who have experienced legal, school, or family behaviors. The program works with the youth to develop healthier attitudes and coping skills for the behaviors that caused the need(s) for treatment. The Parkston program also works with youth who have experienced chemical use and/or have had their lives impacted by other's chemical use. While using an individual approach, Our home, Inc. also emphasizes a modality that includes the utilization of a therapeutic group milieu, in which peers become an important part of each youth's daily program, by developing concepts that include; respect for self and others, development of healthy relationships, developing and meeting expectations, and responsibility to provide and promote a safe and secure environment

**Coverage Area:** South Dakota

**Counseling Services offered at Rising Hope Counseling, LLC**

104 W. Main Street, Parkston, SD 57366

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

**Counseling Services offered at Rising Hope Counseling, LLC**

451 Main Street, Scotland, SD 57059

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

**Counseling Services offered at Rising Hope Counseling, LLC**

610 W. 23rd Street, Suite 5, Yankton, SD 57078

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information.

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

**Counseling Services offered at Stronghold Counseling Services, Inc.**

610 W. 23rd Street, Suite 8, Yankton, SD 57078

**Website:** [www.strongholdcounseling.com](http://www.strongholdcounseling.com) **Email:** [info@strongholdcounseling.com](mailto:info@strongholdcounseling.com)

**Phone:** 605-334-7713

**Hours:** 9:00am - 8:00pm (CT), Monday - Thursday 9:00am - 3:00pm (CT), Friday

**Services Offered:** Provides assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues. Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face.

**Coverage Area:** South Dakota

**Counseling Services offered at Rising Hope Counseling, LLC**

410 W. 16th Avenue, Yankton, SD 57078

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)**Phone:** 605-494-1500**Hours:** 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Coverage Area:** South Dakota**Mental Health Counseling offered at M & M Counseling and Consulting, LLC**

115 Broadway Avenue, Suite 3, Yankton, SD 57078

**Website:** <https://mmcounselingyankton.clientsecure.me/> **Email:** [mmcounselingyankton@gmail.com](mailto:mmcounselingyankton@gmail.com)**Phone:** 605-660-2949**Hours:** 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 1:00pm (CT), Friday**Services Offered:** Providing outpatient mental health counseling for adolescents and adults.

Offers individual counseling, trauma informed therapy and cognitive behavioral therapy.

Telehealth appointments are also available.

**Coverage Area:** Located in Yankton, providing statewide service via telehealth.**Counseling Services offered at Rising Hope Counseling, LLC**

717 E. Main Street, Vermillion, SD 57069

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)**Phone:** 605-494-1500**Hours:** Call for information**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Coverage Area:** South Dakota**Counseling Services offered at Northern Plains Psychological Associates, LLC**

1409 6th Avenue S.E., Suite 5, Aberdeen, SD 57401

**Website:** [nppasd.com](http://nppasd.com) **Email:** [admin@nppasd.com](mailto:admin@nppasd.com)**Phone:** 605-225-3622**Hours:** 8:00am - 5:00pm (CT), Monday - Friday**Services Offered:** Provides mental health services and counseling for individuals, families, and couples. Issues such as depression, anxiety, panic, life transition and adjustment (such as career, mid-life, relationship changes, aging), coping with chronic illness, grief and loss, trauma, PTSD, job stress, issues relating to confidence, self esteem and empowerment, Attention Deficit Hyperactivity Disorder (ADHD), behavioral issues, anger, and parenting. Sessions offered in-person or via telehealth.**Counseling Services offered at Empowerment Counseling, LLC**

416 S. Dakota Street, Suite 1, Aberdeen, SD 57401

**Website:** [empowermentcounselingsd.com](http://empowermentcounselingsd.com) **Email:** [empowermentcounselingsd@gmail.com](mailto:empowermentcounselingsd@gmail.com)**Phone:** 605-846-0464**Hours:** 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday**Services Offered:** Services provided: individual counseling; dialectical behavioral therapy (DBT); trauma informed therapy; cognitive behavioral therapy (CBT); and elemental health.**Coverage Area:** Northeastern South Dakota**Mental Health and Substance Abuse Counseling offered at Inner Peace Counseling**

2211 8th Avenue N.E., Suite 2201, Aberdeen, SD 57401

**Website:** [www.innerpeacecounselingsd.com](http://www.innerpeacecounselingsd.com)      **Email:** [info@innerpeacecounselingsd.com](mailto:info@innerpeacecounselingsd.com)

**Phone:** 605-982-8857

**Hours:** 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 12:00noon (CT), Friday

**Services Offered:** Providing a multicultural approach to mental health and substance abuse counseling for adolescents and adults.

Specific areas include adult ADHD and neurodivergence; anxiety; chronic pain and illness; depression and mood disorders; grief and loss; spirituality; trauma and stress-related disorders; work and career issues; farming stress and rural life; men's mental health and women's mental health .

Help is available for caregivers, parents, helping professionals, college students and young adults, first responders

**Coverage Area:** Based in Aberdeen; offers statewide service via telehealth

### **Counseling Services offered at Lutheran Family Service**

214 7th Avenue S.W., Aberdeen, SD 57401

**Website:** <https://lutheranfamilyservice.org/>      **Email:** [info@lutheranfamilyservice.org](mailto:info@lutheranfamilyservice.org)

**Phone:** 605-271-1081

**Hours:** Call for appointment.

**Services Offered:** Provides marriage and family counseling, pregnancy counseling, grief counseling, trauma-informed counseling, career counseling, domestic violence/spouse/intimate partner abuse counseling, child abuse survivor counseling, parent counseling, and telemental health.

**Coverage Area:** Offices located in Sioux Falls and Deadwood and serves the state of South Dakota via telehealth.

### **Counseling Services offered at Shelterbelt Counseling, LLC**

416 S. Dakota Street, Suite 1, Suite 1, Aberdeen, SD 57401

**Phone:** 605-824-4288

**Hours:** 9:00am - 6:00pm (CT), Monday 9:00am - 6:00pm (CT), Tuesday, Wednesday 9:00am - 4:00pm (CT), Thursday

**Services Offered:** Provides both individual and group counseling for adults using Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Radically Open Dialectical Behavior Therapy (RO DBT) with Level 3 trained practitioners using in-person and telemedicine services.

**Coverage Area:** Located in Aberdeen, but serving South Dakota through telemental health.

### **Counseling Services offered at Rising Hope Counseling, LLC**

1206 S. Main Street, Suites 1-5, Aberdeen, SD 57401

**Website:** <https://risinghope.com/>      **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for more information.

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Counseling Services offered at Inspire Counseling, LLC**

405 8th Avenue N.W., Suite 321, Aberdeen, SD 57401

**Phone:** 605-262-0513

**Hours:** 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 2:30pm (CT), Friday

**Services Offered:** Specific training in trauma therapy including child trauma certified. Works with all ages, diagnosis, and families.

Other services include individual counseling; divorce counseling; grief/bereavement counseling; dialectical behavioral therapy (DBT); LGBTQ counseling; child abuse counseling; child abuse survivor counseling for adults; family counseling; play therapy; trauma informed therapy; cognitive behavioral therapy (CBT); adolescent/youth counseling; gender identity counseling; parent counseling; spouse/intimate partner abuse counseling; and telemental health.

**Coverage Area:** South Dakota

**Counseling Services offered at Rising Hope Counseling, LLC**

110 S. Main Street, Chamberlain, SD 57325

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

**Counseling Services offered at Rising Hope Counseling, LLC**

841 Jackson Street, Suite C, Burke, SD 57523

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

**Counseling Services offered at Rising Hope Counseling, LLC**

420 S. Henry Street, Pierre, SD 57501

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information.

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** Pierre area

**Mental Health Services offered at Support Circle, The**

No Physical Address, Mobridge, SD 57601

**Website:** [www.thesupportcircle.com](http://www.thesupportcircle.com) **Email:** [hello@thesupportcircle.com](mailto:hello@thesupportcircle.com)

**Hours:** Email to schedule an appointment via telehealth.

**Services Offered:** Providing mental health services across South Dakota in a virtual setting.

Counseling services and focus is on individual, couples, family, grief/bereavement, parenting, childhood behavioral issues, anxiety, depression, stress, burnout, life transitions, relationship & communication challenges, and self-esteem & identity concerns.

Therapy approaches utilized are Cognitive Behavioral Therapy (CBT), Trauma-Focused CBT (TF-CBT), Dialectical Behavior Therapy (DBT), Solution-Focused Therapy, and Parent Coaching & Psychoeducation.

**Coverage Area:** Telehealth is available across South Dakota.

**Counseling Services offered at Rising Hope Counseling, LLC**

503 1/2 W. Grand Crossing, Mobridge, SD 57601

**Website:** <https://risinghope.com/> **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** 8:00am- 5:00pm (CT), Monday - Friday

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Residential Behavioral Health/Group Care Program offered at Wellfully**

22 Waterloo Street, Rapid City, SD 57701

**Website:** [www.wellfully.org](http://www.wellfully.org)      **Email:** [info@wellfully.org](mailto:info@wellfully.org)

**Phone:** 605-718-4870

**Hours:** Residential services: 24 hours a day / 7 days a week Front desk hours: 9:00am - 5:00pm (MT), Monday - Friday  
10:00am - 4:00pm (MT), Saturday

**Services Offered:** Residential behavioral/group care program for abused and neglected youth offers youth 24-hour supervision. Services offered include individual therapy, treatment planning, mental health evaluation, group therapy, collaboration with parents/guardians/ foster parents, referral agency, schools or other provider, and educational services provided in program.

**Coverage Area:** South Dakota (emphasis on West river counties / communities)

### **Counseling Services offered at Forward Flow Counseling, LLC**

No Physical Address, Rapid City, SD 57701

**Phone:** 605-223-0813

**Hours:** Call or email to schedule an appointment.

**Services Offered:** Telehealth counseling with flexible scheduling including shortened or extended session times.

Counseling services include Individual Counseling, Parent Counseling, Grief/Bereavement Counseling, Family Counseling, Hoarding Counseling, Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, and Trauma Informed Therapy.

Will be offering group services in the near future.

**Coverage Area:** South Dakota

### **Residential Treatment Services offered at Abbott House**

No Physical Location, Rapid City, SD 57701

**Website:** <https://www.abbotthouse.org/residential-treatment/>      **Email:** [info@abbotthouse.org](mailto:info@abbotthouse.org)

**Phone:** 605-996-2486

**Hours:** Residential services: 24 hours a day / 7 days a week

**Services Offered:** Provides 2 Psychiatric Residential Treatment Facilities (PRTF) for young women in nurturing, trauma-informed settings. The program offers an array of therapeutic services such as evidence-based trauma informed programming, special education schooling, individual therapy, group therapy, alcohol and drug treatment, and independent living skills.

A variety of therapeutic techniques are used such as eye movement desensitization and reprocessing (EMDR), neurofeedback, bio feedback, cognitive behavior therapy (CBT), and dialectical behavior therapy (DBT).

**Coverage Area:** South Dakota

### **Counseling Services offered at Esthers Rising**

Rapid City, SD 57701

**Website:** <https://esthersrisingministry.com/free23/>      **Email:** [referrals.esthersrising@protonmail.com](mailto:referrals.esthersrising@protonmail.com)

**Phone:** 605-519-8870

**Hours:** 8:00am - 6:00pm (MT), Monday - Friday

**Services Offered:** Providing trauma-based counseling for adolescents 12 - 17 who have experience or are at risk for sexual exploitation or sex trafficking and parents, foster parents or caregivers of adolescent girls who have experienced or are at risk for sexual exploitation or sex trafficking using the following group coaching, counseling, advocacy and support services, safety planning, education and awareness, crisis response, skills classes, and recreational outings.

All listed services are provided by pre-approval through referral form, according to available resources and as consistent with the mission statement.

**Coverage Area:** South Dakota

### **Counseling Services offered at Rising Hope Counseling, LLC**

1301 W. Omaha Street, Suite 225, Rapid City, SD 57701

**Website:** <https://risinghope.com/>      **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Counseling Services offered at Rising Hope Counseling, LLC**

219 Founders Park Drive, Suite 1, Rapid City, SD 57701

**Website:** <https://risinghope.com/>      **Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information.

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

### **Counseling Services offered at Midwest Wellness Institute, PLLC**

2620 Jackson Boulevard, Suite G, Rapid City, SD 57702

**Website:** [www.mwihealth.org/](http://www.mwihealth.org/)      **Email:** [office@mwihealth.org](mailto:office@mwihealth.org)

**Phone:** 605-600-7880

**Hours:** 8:00am - 5:00pm (MT), Monday - Friday

**Services Offered:** Offers psychiatric evaluations, medication management, and individual psychotherapy at the Sioux Falls clinic for all ages, with telehealth options available. Midwest Wellness Institute also brings psychiatric care and medication management to underserved areas through telehealth and on-site clinics, hospitals, correctional facilities and nursing homes through contracted mental health services.

Services include TMS Therapy, Spravato, Botox Injections, Individual Psychotherapy Counseling, Correctional Rehabilitation, Mental Health Screening, Psychological Assessments, Pediatric Psychiatry, Adolescent Psychiatry, Adult Psychiatry, Geriatric Psychiatry, Medication Management, Medication-Assisted Treatment for Opioid Addiction, Independent Psychiatric Evaluations, and Forensic Psychiatry.

**Coverage Area:** South Dakota

### **Counseling Services offered at Lutheran Family Service**

7308 Wedgewood Drive, Black Hawk, SD 57718

**Website:** <https://lutheranfamilyservice.org/>      **Email:** [info@lutheranfamilyservice.org](mailto:info@lutheranfamilyservice.org)

**Phone:** 605-271-1081

**Hours:** Call for appointment.

**Services Offered:** Provides marriage and family counseling, pregnancy counseling, grief counseling, trauma-informed counseling, career counseling, domestic violence/spouse/intimate partner abuse counseling, child abuse survivor counseling, parent counseling, and telemental health.

**Coverage Area:** Offices located in Sioux Falls and Deadwood and serves the state of South Dakota via telehealth.

### **Residential Treatment offered at Children's Home Society of South Dakota**

24100 S. Rockerville Road, Owen School, Rapid City, SD 57702

**Phone:** 605-343-5422

**Hours:** Office hours: 8:00am - 5:00pm (MT), Monday - Friday Residential 24 hours a day / 7 days a week

**Services Offered:** A 24-hour residential and psychiatric treatment center serving emotionally disturbed and learning disabled children between the ages of 4-14. This program also provides special education services and intensive therapy for children and families who are experiencing difficulty at home, in school, or in the community. Services include day school and residential programs, evaluation services, family supportive services, consultation and training services.

Madsen House is designed to provide comprehensive psychiatric diagnosis and assessments, as well as short-term treatment for children ages 4-14 with emotional and behavioral problems.

Madsen House Intensive Unit is an eight-bed unit for children ages 4-14 who have severe or chronic emotional and behavioral disorders. Treatment includes psychiatric care, adaptive management, individual, group and family therapy and academic programming. Childcare teams consist of three counselors and one team coordinator, creating a ratio of one staff for every two children.

**Coverage Area:** South Dakota

### **Counseling Services offered at Lutheran Family Service**

825 Main Street, Deadwood, SD 57732

**Website:** <https://lutheranfamilyservice.org/>

**Email:** [info@lutheranfamilyservice.org](mailto:info@lutheranfamilyservice.org)

**Phone:** 605-271-1081

**Hours:** Call for appointment.

**Services Offered:** Provides marriage and family counseling, pregnancy counseling, grief counseling, trauma-informed counseling, career counseling, domestic violence/spouse/intimate partner abuse counseling, child abuse survivor counseling, parent counseling, and telemental health.

**Coverage Area:** Offices located in Sioux Falls and Deadwood and serves the state of South Dakota via telehealth.

### **Counseling Services offered at Belle Fourche Counseling, LLC**

515 National Street, Suite 103, Belle Fourche, SD 57717

**Website:** [www.bellefourhecounseling.com](http://www.bellefourhecounseling.com)

**Email:** [info@bellefourhecounseling.com](mailto:info@bellefourhecounseling.com)

**Phone:** 605-722-8090

**Hours:** 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday

**Services Offered:** Individual and family therapy services specializing in eye movement desensitization and reprocessing (EMDR), trauma and abuse focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting. Offers telehealth counseling through a secure video connection. Clients are not required to attend an intake session in person.

**Coverage Area:** Located in Belle Fourche, serving South Dakota via telehealth.

### **Counseling Services offered at Rising Hope Counseling, LLC**

3105 W. Fairground Loop, Spearfish, SD 57783

**Website:** <https://risinghope.com/>

**Email:** [admin@risinghope.com](mailto:admin@risinghope.com)

**Phone:** 605-494-1500

**Hours:** Call for information

**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Coverage Area:** South Dakota

## **Addiction/Substance Use Services**

### **Resource Guide - Supporting your Loved One with a Substance Use Disorder offered at South Dakota Resource Hotline**

No Physical Address, Sioux Falls, SD 57104

**Website:** [www.helplinecenter.org/wp-content/uploads/HELP479-Substance-Use-Disorder-Guide\\_WEB.pdf](http://www.helplinecenter.org/wp-content/uploads/HELP479-Substance-Use-Disorder-Guide_WEB.pdf)  
[substanceuse@helplinecenter.org](mailto:substanceuse@helplinecenter.org)

**Email:**

**Hours:** Care Coordination: 8:00am - 4:30pm (CT), Monday - Friday Resource Hotline: 24 hours a day / 7 days a week  
**Services Offered:** Resource Guide: Supporting your Loved One with a Substance Use Disorder. This publication was developed by the Helpline Center in partnership with the South Dakota Department of Social Services. For more information, call the Resource Hotline for 24/7 support at 988.

To request a print copy, please complete this Request Form.  
For more information, visit <https://letsbeclearsd.com/> or Text 'opioid' to 898211.  
**Coverage Area:** South Dakota

### **Substance Use Counseling Services offered at BAART Programs**

2519 W. 8th Street, Sioux Falls, SD 57104

**Website:** <https://baartprograms.com/locations/south-dakota/sioux-falls/>

**Phone:** 605-332-3236

**Hours:** 5:30am - 2:00pm (CT), Monday - Friday Dosing: 5:45am - 10:30am;12:00noon - 1:00pm (CT), Monday - Friday  
**Services Offered:** An opioid addiction treatment center providing MAT and methadone maintenance treatment programs, patient care, and counseling for those struggling with opioid substance use.  
**Coverage Area:** South Dakota, Northwest Iowa, and Southwest Minnesota

### **Counseling Services offered at Stay and Talk**

No Physical Address, Sioux Falls, SD 57101

**Phone:** 605-929-4900

**Hours:** By appointment only. 6:00pm - 11:00pm (CT), Monday - Friday 24 hours a day, Saturday and Sunday  
**Services Offered:** Services offered include addiction counseling, chemical dependency assessments, grief counseling, and peer support. Certain therapy modalities are also available such as Motivational Interviewing, Moral Reconciliation Therapy, Talk Therapy, and more.

Services are unavailable for people in formal treatment services elsewhere unless approved by your provider, which will require confirmation.

**Coverage Area:** Services offered nationally, across the U.S. Telehealth is available for people who live outside of the Sioux Falls area. In-person appointments are available for individuals that live within the Sioux Falls area.

### **Addiction Recovery Program offered at Avera Behavioral Health**

2412 S. Cliff Avenue, Avera Professional Plaza, Sioux Falls, SD 57105

**Phone:** 605-322-5700

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Individuals, couples, or families can receive specialized treatment for co-occurring issues of substance abuse/addictive disorders in conjunction with mental health conditions such as clinical depression, mood disorders and/or anxiety-based difficulties. Adult group programming for intensive outpatient treatment, early intervention, relapse prevention. Day and evening tracks are available for intensive outpatient treatment. Court-approved provider for chemical dependency assessments, counseling and treatment services. Adolescents can be seen for chemical dependency evaluations, individual therapy and aftercare group.

Specialized counseling services available (individual, couples, family and group therapy) for pain management-related difficulties. Dual-credentialed therapists licensed in mental health and addictions.

Telemedicine counseling services including CD assessments and individual therapy. Anyone can participate in this service.

Accredited by the State of South Dakota as well as by the Joint Commission (JCAHO).

**Coverage Area:** Eastern South Dakota

### **Counseling Services offered at Balance Point, LLC**

3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105

**Phone:** 605-524-8910

**Hours:** 9:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Provides individual, couple, and family therapy services. Collaborative space to challenge life's ups and downs.

**Coverage Area:** Southeastern South Dakota

### **Physician Well-Being Program offered at South Dakota State Medical Association**

4109 Carnegie Circle, Sioux Falls, SD 57105

**Website:** <https://sdpwbp.org/>      **Email:** [membership@sdsma.org](mailto:membership@sdsma.org)

**Phone:** 605-275-4711

**Hours:** Call for an appointment

**Services Offered:** Offers confidential and individualized support for physicians and residents to connect them with services and resources to help with wellness and reduce burnout. This program is committed to supporting the well-being and health to enable physicians to continue to provide high-quality patient care. It is offered in-person or remote.

Services may include: well-being resources, career fatigue, grief and loss, financial stressors, stress and anxiety, depression, substance abuse, behavioral concerns, work/family balance, personal and family stressors.

Program is confidential with no insurance billing and no medical record.  
**Coverage Area:** All MDs and DOs licensed in the state of South Dakota

### **Counseling Services offered at Counseling Resources**

4109 S. Carnegie Circle, Sioux Falls, SD 57106

**Phone:** 605-331-2419

**Hours:** 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 2:00pm (CT), Friday

**Services Offered:** Provides the following services such as substance use evaluations, DUI education, individual therapy, couples therapy, outpatient substance abuse treatment, gambling counseling/treatment, and cognitive behavioral therapy.

**Coverage Area:** Eastern South Dakota

### **Sands Freedom Center offered at Glory House of Sioux Falls**

3930 S. West Avenue, Sioux Falls, SD 57105

**Phone:** 605-332-3273

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** A substance abuse treatment facility for female clients of the Glory House.

Services include substance use assessment, drug/alcohol testing, mental health screening, tobacco use education/prevention, smoking cessation, peer mentoring, and counseling services.

This is an accredited facility with the State of South Dakota.  
**Coverage Area:** South Dakota

### **Medication Assisted Treatment Program offered at Avera Behavioral Health**

4400 W. 69th Street, Sioux Falls, SD 57108

**Phone:** 605-322-5700

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Provides Medication Assisted Treatment for opioid addiction.

**Coverage Area:** Eastern South Dakota

### **Residential Program offered at Tallgrass Recovery and Sober Living Homes**

27048 Tallgrass Avenue, Sioux Falls, SD 57108

**Phone:** 605-368-5559

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** 30 day residential program for recovery from drug and alcohol addiction. An intense schedule at a relaxed pace. Residential campus utilizing:

- The Big Book of Alcoholics Anonymous and the way of life contained therein.
- Advocacy of the disease concept by carrying the message to families, businesses, churches, and schools while building alliances with organizations that share the mission of advocacy for and implementation of the 12-step approach to recovery.
- An alternative to medical treatment models for the recovery of alcoholism and chemical dependency.

Scholarships available.

**Coverage Area:** Located in Sioux Falls, South Dakota but serving area is not limited.

### **Inpatient Adult Treatment offered at Keystone Treatment Center**

1010 E. 2nd Street, Canton, SD 57013

**Website:** [www.keystonetreatment.com](http://www.keystonetreatment.com)

**Email:** [info@keystonetreatment.com](mailto:info@keystonetreatment.com)

**Phone:** 877-648-1347

**Hours:** Facility operates 24 hours a day / 7 days a week

**Services Offered:** An inpatient alcohol, drug, and gambling treatment programs for adults. Care provided by: 24 hour nursing staff, a full-time psychologist, 24 hour on-call doctor, Certified chemical dependency counselors, and ASAM certified Addictionologists.

Based on 12-step recovery model with medically monitored detoxification, Dual-diagnosis track with psychiatrist - For co-occurring disorders, diagnosis must be substance use primary and mental health secondary; Inpatient and outpatient gambling program with certified gambling counselors, Substance abuse, inhalant abuse and Methamphetamine treatment track (IMT), Chronic Pain Program, Medication Assisted Treatment - Different medications are available. Keystone utilizes Vivitrol and Naltrexone. May utilize Subutex and other medications to taper during medically monitored detoxification. Keystone does not utilize Methadone or Suboxone for maintenance.

Unique services available are Native American cultural program (sweat lodge on site, talking circles, etc.), and a Spiritually based 12-step program.

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Veterans and retired military. Need to be referred through VA; able to take VA funding. Active duty military and dependents may utilize TRICARE West Insurance.

**Coverage Area:** Located in Canton, but serving residents of South Dakota and anywhere in the United States

### **Stepping Stones Rehabilitation Services offered at Dakota Counseling Institute**

901 S. Miller, Mitchell, SD 57301

**Website:** [www.dakotacounseling.net](http://www.dakotacounseling.net)

**Email:** [info@dakotacounseling.net](mailto:info@dakotacounseling.net)

**Phone:** 605-995-8180

**Hours:** 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 2:00pm (CT), Friday to schedule appointment Treatment center is open 24 hours a day / 7 days a week / 365 days a year

**Services Offered:** Responds to the needs of individuals in the Mitchell area affected directly or indirectly by mood-altering chemical use or dependency through a wide variety of services including treatment needs assessments, detoxification, intensive inpatient and outpatient treatment, first offender DUI courses, adolescent and adult aftercare, adolescent treatment, anger management, moral recognition therapy (MRT), relapse prevention courses, parenting classes, strengths group, CBISA, readiness group for federal probationers, referrals, group and individual therapy, transitional living, and continued care.

**Coverage Area:** Located in Mitchell, but serving residents of South Dakota

### **Medication-Assisted Treatment offered at Lewis & Clark Behavioral Health Services**

1028 Walnut Street, Yankton, SD 57078

**Phone:** 605-665-4606

**Hours:** Phone numbers available: 24 hours per day / 7 days per week Clinic hours: 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** MAT (Medication Assisted Treatment) is offered to people who have moderate to severe opioid dependence. Because there is a complex relationship between health, mental health, and addiction, this treatment provides an integrated approach that focuses on the whole person. There are three ways to schedule an appointment with LCBHS:

- Call to schedule an appointment
- Referral from your healthcare provider
- Referral following a treatment needs assessment from an accredited Substance Use Treatment Provider

Individuals can often be seen on the same day that you call or are referred. Everyone will receive an assessment to determine whether or not MAT is appropriate/to help determine the most appropriate level of care. If MAT is determined to be an option, staff provide education about the different forms of MAT.

Two forms of MAT are offered at LCBHS:

- Treatment with Buprenorphine
- Treatment with short- or long-acting Naltrexone

A plan is developed with the patient's provider for the specific form of MAT treatment, level of care, and length of service based on your individual needs. Initial drug screening is required as are laboratory studies depending on history and type of MAT. Ongoing random drug testing is an integral part of treatment. Medically monitored withdrawal management is provided in a residential setting and is available if needed. There is not a set length of time for MAT. While many people may need to stay on medication indefinitely, others may choose to taper off or discontinue using MAT medications.

**Coverage Area:** South Dakota

### **Avera Addiction Care Center offered at Avera St. Luke's**

620 3rd Avenue S.E., Aberdeen, SD 57401

**Phone:** 605-622-5800

**Hours:** Office Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT) Friday 24 hours a day / 7 days a week

**Services Offered:** Accredited substance abuse services includes Early intervention, Information and referral, Employee Assistance Program, Alcohol and drug assessments, DUI offender program, Cognitive Behavioral Intervention for Substance Abuse (CBISA), Intensive Outpatient Treatment, Day treatment, Gambling treatment, Intensive Methamphetamine Treatment (IMT), Medically-Monitored inpatient treatment, Adolescent prevention and diversion program, Adult aftercare, and Community Prevention Project - provides information and networking with individuals, groups, and other agencies.

**Coverage Area:** South Dakota and surrounding states

### **IHS Great Plains Youth Regional Treatment Center offered at Indian Health Service**

12451 Highway 1806, Mobridge, SD 57601

**Website:** [www.ihs.gov/greatplains/healthcarefacilities/greatplainsyrctc](http://www.ihs.gov/greatplains/healthcarefacilities/greatplainsyrctc)

**Email:** [lavon.booth@ihs.gov](mailto:lavon.booth@ihs.gov)

**Phone:** 605-845-7181

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Provides drug and alcohol treatment for adolescents ages 13 - 17 years of age who are enrolled as a member of a federally recognized Tribe or able to show the lineal descendency. It is a rolling admission and can be anywhere from 90 - 120 days.

**Coverage Area:** Located near Mobridge, SD. Serving American Indian youth in the Great Plains Region.

### **Treatment Program offered at Rosebud Sioux Tribe**

719 West BIA, Alcohol Treatment Center, Rosebud, SD 57570

**Phone:** 605-747-2342

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Culturally sensitive adult and youth outpatient treatment programs and residential alcohol treatment facility. After care programs, youth alcohol and drug assessments, and youth treatment placement.

**Coverage Area:** Located in Rosebud, but serving South Dakota

### **Recovery Support Services offered at Anpetu Luta Otipi**

112 Terryl M Blue Street, Kyle, SD 57752

**Phone:** 605-455-2331

**Hours:** 8:00am - 4:00pm (MT), Monday - Friday

**Services Offered:** Aims to assist clients in recovery maintenance. Recovery Support services includes formal aftercare programs, wellbriety, traditional pathways, and talking circles. Clients may have had their primary treatment experience within Anpetu Luta Otipi or they may arrive to the program in order to solely take advantage of formal and informal recovery support services. Recovery Support programs build on the progress achieved in primary treatment assisting the client to maintain a commitment to sobriety by encouraging a continuous self and environmental reflection. Recovery Support programs help the client continue to develop their problem solving skills and individual and family healing.

**Coverage Area:** Pine Ridge Reservation

### **Substance Use Disorder Services offered at Anpetu Luta Otipi**

112 Terryl M Blue Street, Kyle, SD 57752

**Phone:** 605-455-2331

**Hours:** 8:00am - 4:30pm (MT), Monday - Friday

**Services Offered:** A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (ie. waca'tognaka (generosity), woohitika (courage), wowaci'ta'ka (perseverance), waoholaka (respect), wau'sila (compassion), and woksape (wisdom).

**Coverage Area:** Pine Ridge Reservation

### **Sheriff's Office - Addiction Treatment Services offered at Pennington County**

321 Kansas City Street, Suite 110, Care Campus, Rapid City, SD 57701

**Website:** [www.pennco.org/sheriff/](http://www.pennco.org/sheriff/) **Email:** [ccadp@pennco.org](mailto:ccadp@pennco.org)

**Phone:** 605-394-6128

**Hours:** Office Hours: 8:00am - 5:00pm (MT) Monday - Friday Walk-In Assessment Hours: 8:00am - 2:00pm (MT), Monday - Friday Detox Hours: 24 hours a day / 7 days a week.

**Services Offered:** Provides residential and intensive outpatient treatment with specializations including Intensive Methamphetamine Treatment program (IMT), Intensive outpatient treatment, 12-hour DUI class, Moral Recognition Therapy (MRT), Cognitive Behavioral Intervention for Substance Abuse program (CBISA), treatment needs assessments, social-setting detox, emergency/involuntary commitments, and Pivot Point referrals. Walk-in assessments are available on a first-come, first-serve basis.

**Coverage Area:** Located in Rapid City, but serving residents of South Dakota

### **Residential Addiction Recovery Center offered at Wellfully**

22 Waterloo Street, Rapid City, SD 57701

**Website:** [www.wellfully.org](http://www.wellfully.org) **Email:** [info@wellfully.org](mailto:info@wellfully.org)

**Phone:** 605-718-4870

**Hours:** Office hours: 8:00am - 5:00pm (MT), Monday - Friday Residential services: 24 hours a day / 7 days a week

**Services Offered:** Residential program offering 24-hour supervision, intensive 45-60 day program offering addiction recovery therapy. Seeks to meet each youth's educational, emotional, health, and family needs. Services offered include free assessments, mental health evaluation, treatment planning, group and individual therapy, aftercare planning, aftercare groups, 12-step groups, advocacy and referrals.

**Coverage Area:** Located in Rapid City, but serving residents of South Dakota

### **Adolescent Crisis Care Center and Adolescent Addiction Recovery Unit offered at Abbott House**

22 Waterloo Street, Rapid City, SD 57701

**Website:** [www.abbotthouse.org/abbott-crisis-care](http://www.abbotthouse.org/abbott-crisis-care) **Email:** [info@abbotthouse.org](mailto:info@abbotthouse.org)

**Phone:** 605-277-3750

**Hours:** Office Hours: 8:00am - 5:00pm (MT), Monday - Friday Residential services: 24 hours a day / 7 days a week

**Services Offered:** The Adolescent Crisis Care Center provides immediate, short-term care for middle and high school youth who are experiencing a crisis or may be considering suicide. Services provided are mental health screenings/assessments, observation, de-escalation/stabilization, and referrals to appropriate services. Also has Community Health Workers that will provide case management services.

The Adolescent Addiction Recovery Unit provide inpatient and outpatient addiction recovery care for youth ages 7 to 17. Services include 24-Hour supervision, residential treatment, intensive counseling, and educational support.

**Coverage Area:** South Dakota

### **Full Circle offered at West River Mental Health**

350 Elk Street, Rapid City, SD 57701

**Phone:** 605-343-7262

**Hours:** 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday

**Services Offered:** A residential substance abuse treatment and prevention program for pregnant and parenting women. Intensive inpatient treatment is offered along with prenatal care, parenting information, case management, and continued care in a residential facility for those who have completed treatment. Also, offers MAT (Medication Assisted Treatment).

**Coverage Area:** Located in Rapid City, but serving residents of South Dakota

### **Mental Health and Substance Use Counseling offered at Young Counseling, LLC**

522 7th Street, Suite 202, Buell Building, Rapid City, SD 57701

**Website:** <https://youngcounseling.clientsecure.me/>

**Email:** [youngcounselingllc@gmail.com](mailto:youngcounselingllc@gmail.com)

**Phone:** 605-416-9904

**Hours:** Varies; Please call to schedule an appointment.

**Services Offered:** Provides clinical mental health and addiction counseling for individuals seeking support with emotional, behavioral, and substance-related challenges. Services include assessment, treatment planning, and evidence-based counseling approaches tailored to meet client's unique needs.

The practice works with adolescents and adults to address concerns such as depression, anxiety, stress management, and substance use, with the goal of supporting overall well-being and personal growth.

**Coverage Area:** In-person appointments for those living in the Rapid City and surrounding areas. Telehealth options are available for all South Dakota residents.

### **South Dakota National Guard Psychological Health Program offered at South Dakota Department of the Military**

2823 W. Main Street, Rapid City, SD 57702

**Website:** [www.militaryonesource.mil/resources/millife-guides/psychological-health-program/](http://www.militaryonesource.mil/resources/millife-guides/psychological-health-program/)

**Phone:** 605-737-6582

**Hours:** 7:00am - 5:00pm (MT), Monday - Friday

**Services Offered:** Provides mental health, substance abuse, suicide prevention and resiliency information to members of the South Dakota Army National Guard and families.

**Coverage Area:** South Dakota

### **Residential Treatment Program offered at New Dawn Center**

19271 SD Highway 79, Vale, SD 57788

**Phone:** 605-309-5105

**Hours:** Facility is open and staffed 24 hours a day / 7 days a week.

**Services Offered:** Provides transitional, clinically-managed, low-intensity, open-ended residential treatment program for adult males. Treatment program is designed around an initial 90 day treatment plan. There are no guarantees as to the results of treatment.

Services provided are a minimum of 12 hours of individual, group or family counseling per week. Residents are encouraged to take part in the outdoor operation of the facilities and participate in any of the recreational therapy programs.

Intravenous (SP) (IV) Drug Users: Client referrals who are identified as having a history of using drugs intravenously (IV) will be prioritized for admission into this program.

**Coverage Area:** Located in Vale, but serving residents of South Dakota.

## Children/Adolescent Therapy

### **Behavioral Health Clinic Brookings offered at Avera Behavioral Health**

1024 6th Street, Suite B, Brookings, SD 57006

**Website:** <https://www.avera.org/locations/profile/avera-medical-group-behavioral-health-brookings/?searchId=2b01d362-7ad7-f011->

**Phone:** 605-322-5700

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday Appointments available as needed, evening hours available.

**Services Offered:** Services include outpatient therapy providing individual (prenatal to geriatric), couple/marriage, and family counseling on topics including, but not limited to: life's major transitions, trauma, grief, depression and anxiety, medical adjustments and more.

School-Based outpatient therapy providing individual, family and parent/teacher consultations within the Brookings Public and Brookings County School Districts. Group-based therapy providing psycho-education related to the needs of therapists caseloads to help increase supportive and therapeutic environments and skills. Specialized trauma and healing-informed services.

**Coverage Area:** Brookings and surrounding area.

### **Counseling Services offered at Alpine Counseling Services, LLC**

510 Main Avenue, Suite 1, Brookings, SD 57006

**Website:** [www.alpinecounselingsd.com](http://www.alpinecounselingsd.com)      **Email:** [info@alpinecounselingsd.com](mailto:info@alpinecounselingsd.com)

**Phone:** 605-620-1706

**Hours:** 8:00am - 4:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday (by appointment only)

**Services Offered:** Providing evidence based therapy for families, children, teens, and young adults. Specializing in athlete mental health, OCD, trauma, anxiety/depression, and Parent Child Interaction Therapy. Both virtual and in-person sessions available.

**Coverage Area:** Counties of Brookings and Kingsbury.

### **Student Health Clinic and Counseling Services offered at South Dakota State University**

1440 N. Campus Drive, Box 2818, Brookings, SD 57007

**Website:** [www.sdstate.edu/university-wellbeing](http://www.sdstate.edu/university-wellbeing)      **Email:** [sdsu.shc@sdstate.edu](mailto:sdsu.shc@sdstate.edu)

**Phone:** 605-697-9355

**Hours:** Office hours: 9:00am - 5:00pm (CT), Monday; 8:00am - 5:00pm (CT), Tuesday - Friday Counseling Services: Initial Screenings 8:30am - 3:30pm (CT), Monday - Friday Student Health Clinic: 9:00am - 5:00pm (CT), Monday 8:00am - 5:00pm (CT), Tuesday - Friday Follows all SDSU scheduled holiday closures and all SDSU emergency closures.

**Services Offered:** Promoting the health and wellness of the university community to enhance student retention and to support academic and personal success of all students.

Provides access to a health clinic as well as mental health screenings and counseling.

These services are only offered for currently enrolled SDSU students.

**Coverage Area:** Campus of South Dakota State University

### **Mental Health Services offered at Momentum Counseling and Consulting**

1103 Jenson Avenue, Watertown, SD 57201

**Website:** <https://momentumcac.com/>      **Email:** [info@momentumcac.com](mailto:info@momentumcac.com)

**Phone:** 970-829-8780

**Hours:** Varies, Contact for more information

**Services Offered:** Provides outpatient mental health services to those 12 and up. Works with a variety of disorders/concerns: anxiety, mood disorders, depressive disorders, trauma related disorders, adjustment disorders, personality disorders, crisis intervention, and/or marital/family distress. Offers a variety of therapeutic methods to meet client's where they are and assist in helping them reach their goals.

**Coverage Area:** Located in Watertown but serving all of South Dakota

**Clinical Outpatient Therapy Services offered at Children's Home Society of South Dakota**

4402 E. 3rd Street, Sioux Falls, SD 57103

**Phone:** 605-965-3159

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Providing coordination of care to increase positive mental health and healing.

Outpatient individual, group and family counseling is offered with many specialties in therapeutic methods.

Psychiatric Services provide evaluations and medication management for youth and adolescents, working with therapy and case-management teams.

**Coverage Area:** South Dakota

**Counseling Services offered at Parts of You Therapy**

505 W. 9th Street, Suite 203, Sioux Falls, SD 57104

**Phone:** 605-550-2655

**Hours:** 9:00am - 6:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

**Services Offered:** Services include: individual counseling, youth counseling, parent counseling, LGBTQ+ counseling, gender identity counseling, grief/bereavement counseling, Dialectical Behavioral Therapy (DBT), brain spotting and internal family systems, and telemental health counseling.

Areas of focus include teenagers, adults, anxiety, depression, suicidal ideation, impulsivity, self harm, personality disorders, life transitions, relationship concerns, coping skills, and stress.

**Coverage Area:** Individual and group therapy sessions for Sioux Falls area residents. Telehealth services throughout South Dakota.

**Counseling Services offered at Alexander Therapy & Consulting, PLLC**

No Physical Address, Sioux Falls, SD 57103

**Phone:** 605-206-9301

**Hours:** 9:00am - 9:00pm (CT), Monday and Tuesday 9:00am - 3:00pm (CT), Wednesday

**Services Offered:** Provide a safe and compassionate space for people from all walks of life to work through various mental health struggles so they can live a more vibrant and healthy life. Specializes in LGBTQ+ topics and sex therapy, however, also addresses mental health concerns such depression, anxiety, trauma, parenting difficulties, and grief.

**Coverage Area:** South Dakota via telehealth

**Unplanned Pregnancy Support and Help offered at Many Hearts Unplanned Pregnancy Support**

3409 W. 47th Street, Suite 103, Sioux Falls, SD 57106

**Website:** <https://many-hearts.com/> **Email:** [love@many-hearts.com](mailto:love@many-hearts.com)

**Phone:** 605-271-1081

**Hours:** 9:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Caseworkers work with women who are going through an unplanned pregnancy. Support services are available to clients at no-cost.

Includes: options counseling, evidence-based decision making, adoption planning, adoption parent selection, parenting preparedness program & courses, before & after birth support, mental health counseling, Medicaid & WIC applications, transportation assistance, case management, job application & resume writing, help with difficult family or partner communication, community & state resource connection, and referrals related to housing, substance use, and domestic violence.

**Coverage Area:** South Dakota

**Counseling and Psychiatric Medication Management offered at Elevate Minds Psychiatry**

3803 W. Technology Circle, Sioux Falls, SD 57106

**Phone:** 605-702-4409

**Hours:** 9:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Specializing in comprehensive psychiatric medication management.

Also provides ADHD treatment, adult, child and adolescent psychiatry and counseling.

**Coverage Area:** In-person services in Sioux Falls and Yankton area;services statewide via telehealth.

### **Adolescent Group Therapy Program offered at Avera Behavioral Health**

4400 W. 69th Street, Sioux Falls, SD 57108

**Website:** [www.averabehavioralhealth.org](http://www.averabehavioralhealth.org)      **Email:** [adolescentoutpatient@avera.org](mailto:adolescentoutpatient@avera.org)

**Phone:** 605-322-4057

**Hours:** Meeting time: meets weekly, once a week for 12 weeks (45 minute groups) Office hours: 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Psychotherapy group meeting for adolescents age 13 - 18 (still in school), facilitated by a trained mental health professional. Group uses a combination of cognitive behavioral therapy, dialectical behavioral therapy, and coping skills to help adolescents develop strategies to manage daily stress and emotional and behavioral difficulties.

**Coverage Area:** South Dakota

### **Adolescent Partial Hospitalization Program offered at Avera Behavioral Health**

4400 W. 69th Street, Suite 1500, Sioux Falls, SD 57108

**Website:** <https://www.avera.org/locations/profile/avera-behavioral-health-hospital-sioux-falls/>

**Phone:** 605-322-4056

**Hours:** 8:00am - 4:00pm (CT), Monday - Friday

**Services Offered:** Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adolescent outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay.

Partial Hospital Program (PHP): Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary. 5 days per week, 4 hours per day.

Intensive Outpatient Program (IOP): The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs. Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.

**Coverage Area:** Eastern South Dakota

### **Drug and Alcohol Treatment Center offered at Our Home, Inc.**

40354 210th Street, Huron, SD 57350

**Phone:** 605-352-9098

**Hours:** Office Hours: 8:00am - 5:00pm (CT) Monday - Friday Residential services: 24 hours a day / 7 days a week

**Services Offered:** This program serves male and female youth with a primary diagnosis of substance dependency disorder. Treatment philosophy recognizes substance dependency as a chronic and progressive illness. Treatment includes 12-step groups, Alcoholics Anonymous, and Narcotic Anonymous groups within a therapeutic milieu. Treatment is completed in approximately 45 days.

**Coverage Area:** Located in Huron, but serving youth residents of South Dakota

### **Counseling and Psychiatric Medication Management offered at Elevate Minds Psychiatry**

1101 Broadway Avenue, Suite 108-2, Yankton, SD 57078

**Phone:** 605-702-4409

**Hours:** 9:00am - 5:00pm (CT), Monday

**Services Offered:** Specializing in comprehensive psychiatric medication management.

Also provides ADHD treatment, adult, child and adolescent psychiatry and counseling.

**Coverage Area:** In-person services in Sioux Falls and Yankton area;services statewide via telehealth.

### **Educational Directory (Elementary, Intermediate, Middle and High Schools) offered at South Dakota Department of Education**

No Physical Address, Pierre, SD 57501

**Website:** <https://doe.sd.gov/ofm/edudir.aspx>

**Email:** [doe@state.sd.us](mailto:doe@state.sd.us)

**Phone:** 605-773-3134

**Hours:** See website for details.

**Services Offered:** Visit the South Dakota Educational Directory to get details about any elementary, intermediate, middle, high school or alternative program within South Dakota.

**Coverage Area:** South Dakota

### **Clinical Outpatient Therapy Services offered at Children's Home Society of South Dakota**

5301 U.S. Highway 16, Rapid City, SD 57701

**Phone:** 605-343-2811

**Hours:** 8:00am - 5:00pm (MT), Monday - Friday

**Services Offered:** Providing coordination of care to increase positive mental health and healing.

Outpatient individual, group and family counseling is offered with many specialties in therapeutic methods.

Psychiatric Services provide evaluations and medication management for youth and adolescents, working with therapy and case-management teams.

**Coverage Area:** South Dakota

### **Oyate Health Center - Behavioral Health Program offered at Great Plains Tribal Leaders Health Board**

3200 Canyon Lake Drive, Rapid City, SD 57702

**Phone:** 605-718-5095

**Hours:** Outpatient Clinic Hours: 8:00am - 4:30pm (MT), Monday - Friday Urgent care: 7:00am - 7:00pm (MT), Monday - Sunday Pediatric after hours urgent care appointments available

**Services Offered:** Oyate Behavioral Health is a component of Integrated Health Care. Individual Behavioral health services are offered through Clinic Appointment and Telehealth scheduled appointments. Walk-ins may be available. Provides the following services: comprehensive assessment, outpatient child/adult counseling and psychiatric services, medication management, group and family counseling, community support and education, telepsychiatry consultation, and dual diagnosis treatment. Also offers sweat lodge, please call to schedule.

**Coverage Area:** Located in Rapid City

### **Suicide and Crisis Prevention Hotlines offered at Trevor Project, The**

West Hollywood, CA 90069

**Website:** [www.thetrevorproject.org](http://www.thetrevorproject.org)

**Email:** [info@thetrevorproject.org](mailto:info@thetrevorproject.org)

**Phone:** 866-488-7386

**Hours:** All services 24 hours a day / 7 days a week

**Services Offered:** Trevor Lifeline - The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people (ages 13-24), available at 866-488-7386.

TrevorChat - A free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors 24/7. Visit website to start.

TrevorText - A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention 24/7. Text START to 678678 to begin.

**Coverage Area:** United States

### **LGBT National Youth Talkline offered at LGBT National Help Center**

2261 Market Street, Suite 296, San Francisco, CA 94114

**Website:** [www.lgbthotline.org](http://www.lgbthotline.org)

**Email:** [help@lgbthotline.org](mailto:help@lgbthotline.org)

**Phone:** 888-843-4564

**Hours:** 1:00pm - 9:00pm (PT), Monday - Friday 9:00am - 2:00pm (PT), Saturday

**Services Offered:** Provides assistance and online chat to lesbian, gay, bisexual, transgender, and questioning individuals for those under the age of 25. Offering peer counseling and resources in cities and towns across the US.

**Coverage Area:** United States

## Family and Marriage Therapy

## Psychiatry and Medication Management

### **Adult Partial Hospital and Intensive Outpatient offered at Avera Behavioral Health**

4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108

**Website:** <https://www.avera.org/locations/profile/avera-behavioral-health-hospital-sioux-falls/>

**Phone:** 605-322-4056

**Hours:** Partial Hospital Program: 8:00am - 4:00pm (CT), Monday - Friday

**Services Offered:** Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adult outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay.

Partial Hospital Program (PHP): Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary. 5 days per week, 4 hours per day.

Intensive Outpatient Program (IOP): The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs. Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.

**Coverage Area:** Eastern South Dakota, Northwest Iowa, and Southwestern Minnesota

### **Inpatient Units offered at Avera Behavioral Health**

4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108

**Website:** <https://www.avera.org/services/behavioral-mental-health/inpatient-programs/>

**Phone:** 605-322-4065

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Inpatient treatment with units dedicated for children, adolescents, adults and seniors with acute psychiatry needs.

A treatment team, headed by a psychiatrist, works to evaluate current symptoms and develop a positive treatment plan to address concerns. Treatment services include, but are not limited to depression, anxiety, addictive disorders, bipolar disorder, personality disorders, and schizophrenia. Group therapies focus on developing coping skills through expressive therapies and behavioral therapy.

**Coverage Area:** South Dakota, Iowa, and Minnesota

### **Medication Management for Mental Health offered at Rapid City Mental Health Professionals, LLC**

3939 Canyon Lake Drive, Suite A, Rapid City, SD 57702

**Website:** [www.rapidcitymentalhealth.com](http://www.rapidcitymentalhealth.com)

**Email:** [office@rapidcitymentalhealth.com](mailto:office@rapidcitymentalhealth.com)

**Phone:** 605-716-3555

**Hours:** 8:00am - 5:00pm (MT), Monday - Friday

**Services Offered:** Culturally sensitive mental health care for adults and adolescents. Focuses on medication management, mental health screenings for a variety of mental health issues, spravato (eskatamine) for treatment resistant depression, and photobiomodulation therapy (light bed treatment).

**Coverage Area:** South Dakota and Wyoming

## Psychological Testing

### **Flandreau Hospital offered at Avera**

214 N. Prairie Street, Flandreau, SD 57028

**Phone:** 605-997-2433

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Featured health services include diabetes and endocrinology, emergency and trauma, heart and vascular care, infectious disease and public health, laboratory, nutrition, pain management, pharmacy, radiology and imaging, respiratory and pulmonary care, sleep medicine, telemedicine, wellness and preventive care, women's health, and wound care.

**Coverage Area:** Counties of Brookings, Lake, Minnehaha, and Moody.

### **Clear Lake Medical Center offered at Sanford Health**

701 3rd Avenue S., Clear Lake, SD 57226

**Website:** [www.sanfordhealth.org/locations/sanford-clear-lake-medical-center](http://www.sanfordhealth.org/locations/sanford-clear-lake-medical-center)

**Phone:** 605-874-2141

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** A full service hospital and family medicine clinic located in the community of Clear Lake, SD. The facility provides acute, emergency, and medical care.

**Coverage Area:** Counties of Brookings, Codington, Deuel, Grant and Hamlin

### **De Smet Memorial Hospital offered at Avera**

306 Prairie Avenue S.W., De Smet, SD 57231

**Phone:** 605-854-6100

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Featured health services includes emergency and trauma, laboratory, nutrition, therapy and rehabilitation, primary care, radiology and imaging, telemedicine, women's health, and wellness and preventive care.

**Coverage Area:** Counties of Beadle, Brookings, Clark, Hamlin, Kingsbury, Lake, Miner, and Sanborn.

### **Halfway House and Detox Center offered at Human Service Agency**

119 19th Street N.E., Watertown, SD 57201

**Phone:** 605-884-0650

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** A therapeutic place of residence for persons suffering from substance use disorders and mental illness. Offering dignity and serenity to continue the journey of recovery, healing, and wholeness.

Serenity Hills offers 3 distinct programs:

-Social setting detoxification

-Halfway house combines a strong AA 12-step philosophy with a multi-disciplinary team approach, including professional addiction, psychiatric and mental health care.

-Crisis intervention/Appropriate Regional Facility/Safe Rooms for individuals experiencing mental health crisis and/or having thoughts of self-harm.

**Coverage Area:** Located in Watertown, but serving residents of South Dakota

### **Crisis Drop in Center offered at Human Service Agency**

119 19th Street N.E., Watertown, SD 57201

**Phone:** 605-886-0123

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Crisis intervention/Appropriate Regional Facility/Safe Rooms for individuals experiencing mental health crisis or having thoughts of self-harm.

**Coverage Area:** Located in Watertown, but serving residents of South Dakota

### **Assessment and Referral offered at Avera Behavioral Health**

4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108

**Website:** <https://www.avera.org/locations/profile/avera-behavioral-health-hospital-sioux-falls/>

**Phone:** 605-322-4065

**Hours:** 24 hours a day / 7 days a week. A message may be left if call is not able to be answered immediately. A staff will respond to messages as soon as possible.

**Services Offered:** Program provides assessments 24-hours a day for mental health problems to determine an appropriate level of care.

**Coverage Area:** Eastern South Dakota

### **Behavioral Health Urgent Care offered at Avera Behavioral Health**

4400 W. 69th Street, Suite 1500, Sioux Falls, SD 57108

**Website:** <https://www.avera.org/locations/profile/avera-behavioral-health-urgent-care-w-69th-st-sioux-falls/>

**Phone:** 605-322-4065

**Hours:** Open 24 hours a day / 7 days a week

**Services Offered:** Provides a level of care assessment and identifies referral options for patients in behavioral health crisis.

**Coverage Area:** Eastern South Dakota

### **Acute Program offered at Human Services Center**

3515 N. Broadway Avenue, Yankton, SD 57078

**Website:** <http://dss.sd.gov/behavioralhealth/hsc/>      **Email:** [infoHSC@state.sd.us](mailto:infoHSC@state.sd.us)

**Phone:** 605-668-3100

**Hours:** The facility is open 24 hours a day / 7 days a week Crisis assessments are done/accepted through an ER or community mental health center.

**Services Offered:** Provides for initial assessment and stabilization of adult psychiatric patients. During the 12-15 day average length of stay, the program initiates and develops treatment and discharge plans.

The program promotes and facilitates the patients independent functioning in daily activities. Emphasis is on providing care, treatment and rehabilitation services that will enable the patients to return to and function in the community at the earliest possible time.

The Acute Program is Medicare approved by the Health Care Financing Administration. The Intensive Treatment Unit is available for adults and adolescents who require short term intensive monitoring.

**Coverage Area:** South Dakota

### **Geriatric Program offered at Human Services Center**

3515 N. Broadway Avenue, Yankton, SD 57078

**Website:** <https://dss.sd.gov/behavioralhealth/hsc/>      **Email:** [infoHSC@state.sd.us](mailto:infoHSC@state.sd.us)

**Phone:** 605-668-3100

**Hours:** Office hours: 8:00am - 4:30pm (CT), Monday - Friday, except Holidays The facility is open 24 hours a day / 7 days a week Crisis assessments are done/accepted through an ER or community mental health center.

**Services Offered:** Provides diagnostic and therapeutic services of medical and psychiatric natures to persons with physical conditions requiring nursing home care and psychiatric conditions requiring in-patient hospitalization.

Services are delivered in such a way as to allow the patients maximum opportunity to function as independently as possible in activities of daily living. The goal is for the patients to reside in the least restrictive environment, including return to an appropriate community setting.

This program operates with 3 units located in Spruce Terrace and Willow Terrace I buildings.

**Coverage Area:** South Dakota

## Suicide Prevention Resources

### **NE Prevention Resource Center offered at Human Service Agency**

123 19th Street N.E., Watertown, SD 57201

**Website:** [www.humanserviceagency.org/NEPrevention](http://www.humanserviceagency.org/NEPrevention)

**Email:** [neprc@humanserviceagency.org](mailto:neprc@humanserviceagency.org)

**Phone:** 605-884-3516

**Hours:** 8:00am - 7:30pm (CT), Monday - Wednesday 8:00am - 7:00pm (CT), Thursday 8:00am - 5:00pm (CT), Friday

**Services Offered:** Offers access to resources such as training, videos, curricula, and books on topics surrounding the issues of alcohol, tobacco, other drugs, and violence related issues. Training and resources are offered around mental health first aid and suicide prevention. Provides services to 21 counties in the N.E. region of South Dakota.

Also, has opioid prevention resources such as DisposeRX packets, medication lock boxes, and Naloxboxes.

**Coverage Area:** Northeastern South Dakota

### **Mental Health First Aid offered at SDSU Extension**

1910 W. Kemp Avenue, Watertown Regional Center, Watertown, SD 57201

**Website:** [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

**Email:** [whitney.reetz@sdstate.edu](mailto:whitney.reetz@sdstate.edu)

**Phone:** 605-882-5140

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** Mental Health First Aid is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges.

SDSU Extension provides Mental Health First Aid courses to adults, teens, and youth.

**Coverage Area:** South Dakota

### **Survivors Joining for Hope offered at Lost&Found**

319 N. Main Avenue, Suite 1, Sioux Falls, SD 57104

**Website:** <https://resilienttoday.org/programs/survivors-joining-for-hope/>

**Phone:** 605-215-0676

**Hours:** Call or email for appointment.

**Services Offered:** Provides peer support and financial assistance to individuals and families who have lost a loved one to suicide.

Examples consist of financial assistance for grief counseling, burial expenses, clean-up costs, legal fees, and other suicide-related expenses.

The Program Coordinator supports clients with referrals and resources to additional financial assistance programs and/or therapeutic support if needed.

Also provides peer and emotional support and resource referrals for a year. Peer support is provided through telehealth meetings and check-ins.

**Coverage Area:** Coordinator located in Spearfish, SD, but serves clients statewide via telehealth.

### **Education & Policy Department offered at Lost&Found**

319 N. Main Avenue, Suite 1, Sioux Falls, SD 57104

**Website:** <https://resilienttoday.org/>

**Email:** [contact@resilienttoday.org](mailto:contact@resilienttoday.org)

**Phone:** 605-604-4999

**Hours:** Varies; call for information.

**Services Offered:** Provides relevant, evidence-based information, education, training, and policy guidelines to campus partners and community organizations which help prevent suicide, build skills, and raise awareness of mental health needs.

Trainings include Question, Persuade, Refer (QPR), Adult Mental Health First Aid, Conversations on Access to Lethal Means (CALM), and Mental Health Presentations.

**Coverage Area:** South Dakota

### **Lost&Found Campus Chapter offered at Lost&Found**

319 N. Main Avenue, Suite 1, Sioux Falls, SD 57104

**Website:** <https://resilienttoday.org/programs/student-programs/campus-chapters/studentprograms@resilienttoday.org>

**Email:**

**Phone:** 605-549-5281

**Hours:** 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

**Services Offered:** Lost&Found campus chapters are recognized student organization affiliates where student leaders support peers, create connections, and partner with local leaders to prioritize mental health and suicide prevention in their campus communities.

**Coverage Area:** This program is available at post-secondary institutions across South Dakota.

### **Peer2Peer Mentoring offered at Lost&Found**

319 N. Main Avenue, Suite 1, Sioux Falls, SD 57104

**Website:** <https://resilienttoday.org/programs/student-programs/peer2peer-mentorship/studentprograms@resilienttoday.org>

**Email:**

**Phone:** 605-549-5281

**Hours:** 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

**Services Offered:** Peer2Peer Mentoring brings together student mentors, who get guided practice helping others, with mentees, who are students who need a little support navigating college life.

**Coverage Area:** Available at all post-secondary institutions across South Dakota.

### **Research & Evaluation Services offered at Lost&Found**

319 N. Main Avenue, Suite 1, Sioux Falls, SD 57104

**Website:** <https://resilienttoday.org/programs/research-evaluation/>

**Email:** [contact@resilienttoday.org](mailto:contact@resilienttoday.org)

**Phone:** 605-607-5317

**Hours:** 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

**Services Offered:** Apply expertise in public health, suicide prevention, and program evaluation to conduct needs assessments, measure community suicide prevention capacity, and provide outsourced program evaluation services.

**Coverage Area:** South Dakota

### **988 Suicide & Crisis Lifeline offered at Helpline Center**

No Physical Address, Sioux Falls, SD 57105

**Hours:** Office hours: 8:00am - 5:00pm (CT), Monday - Friday 24 hours a day / 7 days a week / 365 days a year

**Services Offered:** Suicide prevention and crisis intervention service available to anyone in suicidal crisis or emotional distress. Callers to the 988 Suicide & Crisis Lifeline are routed to the nearest accredited crisis center in the caller's area. The Lifeline's Crisis and Text/Chat Service routes visitors to a network of crisis centers accredited in providing online emotional support.

The Helpline Center's Suicide and Crisis Support is an accredited suicide prevention, intervention and after-care organization, delivering the hope and understanding you need.

Services include call, text, chat 988 to connect with a 988 Crisis Counselor, grief support for individuals who have lost a loved one to suicide, and professional suicide awareness and prevention training.

**Coverage Area:** South Dakota

### **Hope Squad offered at Helpline Center**

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

**Website:** [www.helplinecenter.org/school-resources-hope-squad](http://www.helplinecenter.org/school-resources-hope-squad)

**Email:** [hopesquad@helplinecenter.org](mailto:hopesquad@helplinecenter.org)

**Phone:** 605-274-8789

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** An evidence-based, peer-to-peer suicide prevention program. Members of Hope Squad are nominated by their classmates as trustworthy and supportive peers with whom others feel comfortable. They are trained by Hope Squad advisors on how to notice, support, and intervene with peers who may be at risk.

The main goals of the Hope Squad program are promoting a school and community culture of safety, connectedness, mental wellness, anti-bullying, and reducing mental health stigma. It reduces the risk of youth suicide through education, training, and peer intervention. They also respond to peer-to-peer disclosure of suicide risk.

Hope Squad is present in schools nationally and internationally.

**Coverage Area:** South Dakota

### **Suicide Survivor Services offered at Helpline Center**

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

**Website:** <https://loss.helplinecenter.org/>      **Email:** [griefsupport@helplinecenter.org](mailto:griefsupport@helplinecenter.org)

**Phone:** 800-273-8255

**Hours:** SAS Education/Support Classes are 6:30pm - 8:00pm (CT), on Tuesdays for 10 consecutive weeks. SAS In Person Support Group: 6:30pm - 8:00pm (CT), 3rd Thursday of each month SAS Virtual Support Group: 6:30pm - 8:00pm (CT), 2nd Wednesday of each month

**Services Offered:** Surviving After Suicide (SAS) Class: The Surviving After Suicide Class is designed to help people who have lost a loved one to suicide learn to express and understand their grief. The class will discuss stigma, pain, guilt, and other common experiences of suicide loss grief. This is a ten-week course that provides support for survivors of suicide loss. Each class will focus on a unique aspect of survivor grief and is built for group members to share and support one another through the process. The class is offered three times a year, with sessions starting in January, April, and September. Registration for this class is required.

Surviving After Suicide (SAS) Support Group: A monthly support group for people who have lost a loved one to suicide. Survivor information packets are available at no cost. The focus of this group is to connect suicide loss survivors and provide them with a space to support one another. Any survivor, 18 or older, is welcome to attend this group. Registration is not required to attend this group; however, the virtual option does require an email address to send a link to attend the group. This is an open and on-going group available in both in person and virtual settings. The in-person group meets from 7:00pm - 8:30pm, every third Thursday of each month in Sioux Falls. The virtual group meets from 6:00pm to 7:30, every third Wednesday of each month.

Surviving After Suicide Events: Support events are open to anyone who has been impacted by suicide loss. Various activities occur throughout the year including, but not limited to Suicide Prevention Week, International Survivors of Suicide Loss Day (Saturday before Thanksgiving), etc. Email or call to get on the invite list for events. If you would like to get in touch, please complete the Suicide Services Request Form: <https://helplinecenter.jotform.com/210544586305050?>

Surviving After Suicide Events: Support events are open to anyone who has been impacted by suicide loss. Various activities occur throughout the year including, but not limited to Suicide Prevention Week, International Survivors of Suicide Loss Day (Saturday before Thanksgiving), etc. Email or call to get on the invite list for events. If you would like to get in touch, please complete the Suicide Services Request Form.

Mentor Program: The mentor program is a peer mentorship program that connects survivors of suicide loss with a mentor to provide them with support, reassurance, and comfort. The mentors are individuals who are on their own suicide grief journey and are ready to come alongside those who are in the beginning of their grief journey. The mentors are not experts, nor are they counselors. Mentors provide 1-on-1 peer support and have completed training through the Helpline Center.

Individuals needing immediate crisis care should call 988. Standard message and data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 898211, go to:  
<http://www.preventionpaystext.com/policies/>

**Coverage Area:** South Dakota

### **Prevention Trainings offered at Helpline Center**

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

**Website:** [www.helplinecenter.org/suicide-and-crisis-support/training-programs-offered-by-helpline-center/training@helplinecenter.org](http://www.helplinecenter.org/suicide-and-crisis-support/training-programs-offered-by-helpline-center/training@helplinecenter.org)

**Phone:** 605-339-4357

**Email:**

**Hours:** Call Center: 24 hours a day / 7 days a week 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** ASIST is an Applied Suicide Intervention Skills Training designed to provide a practical face-to-face intervention model for caregivers to use when encountering a person at-risk of suicide. CEUs and undergraduate and graduate credit are available for this training.

**Means Safety Training - Means safety** is a critical component of suicide prevention that focuses on limiting access to lethal means, thereby reducing the risk of self-harm and suicide. It acknowledges that restricting access to potentially harmful items or methods can play a pivotal role in preventing impulsive and irreversible actions.

**Mental Health First Aid** is the initial help given to a person showing symptoms of mental illness or in a mental health crisis until appropriate professional, peer or family support can be engaged. This course prepares participants to provide Mental Health First Aid to those in need. Specialized version for law enforcement available.

**Safety Planning - Learn how to help someone at risk** develop a set of concrete strategies to decrease the risk of suicidal behavior. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis. Target audience would be any behavioral health or health staff.

**QPR (Question, Persuade and Refer)** are three steps anyone can learn to help prevent suicide. QPR is an emergency response to someone in crisis and can save lives. Participants learn about the nature of suicidal communications, what forms these communications take and how they may be used as a stimulus for a QPR intervention.

**Critical Incidence Training for Police Agencies - CIT** is a training provided to law enforcement personnel on appropriate emergency response to someone in crisis that can help save lives. Additionally, participants learn directly from a suicide attempt survivor about what responses may and may not be perceived as helpful, and hear from a suicide loss survivor about the collateral impact of suicide.

Customized presentations on suicide information, crisis and prevention are available upon request.

**Coverage Area:** South Dakota

### **SAVE Suicide Prevention Training offered at Suicide Awareness Voices of Education**

7900 Xerxes Avenue S., Suite 810, Minneapolis, MN 55431

**Website:** [www.save.org](http://www.save.org)      **Email:** [admin@save.org](mailto:admin@save.org)

**Phone:** 952-946-7998

**Hours:** Office hours: 8:00am - 5:00pm (CT), Monday - Friday

**Services Offered:** A proprietary 3-tiered suicide prevention training model that can be adapted for any occupation. Tailoring training to the audience ensures that the content is directly relevant to their needs, job roles, and challenges. This relevance increases engagement and the likelihood of participants applying what they've learned.

**Coverage Area:** United States

### **Bereavement Support - National Office offered at Compassionate Friends, The**

PO Box 46, Wheaton, IL 60187

**Website:** [www.compassionatefriends.org](http://www.compassionatefriends.org)      **Email:** [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

**Phone:** 877-969-0010

**Hours:** National Office hours: 9:00am - 5:00pm (CT), Monday - Friday Support group times vary by location. See Compassionate Friends Chapter Locator on website.

**Services Offered:** The Compassionate Friends (TCF) is a national nonprofit, self-help support organization offering friendship, understanding, and hope to families grieving the death of a child of any age, from any cause. There is no religious affiliation and no individual membership fees or dues are charged. All bereaved family members are welcome.

Founded in England in 1969, TCF was established in the United States in 1972, with 501(c)(3) not-for-profit incorporation in 1978, under which provision the organization's more than 650 local chapters also operate. TCF operates as separate entities in at least 30 countries around the world.

Regular meetings of local chapters provide a caring environment in which bereaved parents, siblings, and grandparents can work through their grief with the help of others who have been there. Monthly, more than 17,000 attend chapter meetings.

Outreach is provided to more than 182,000 bereaved family members and professionals each month through chapter newsletters, websites, Facebook Pages, special programs including regional conferences, concurrent walks, phone calls, letters, e-mails, and personal visits.

Educational information on grief following the death of a child and the work of TCF is provided to the community through publicity, speaking engagements, and the distribution of materials.

Virtual chapters through an Online Support Community supply support, encouragement, and friendship. There are general bereavement sessions as well as more specific sessions. This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child.

**Coverage Area:** United States

### **Prevention and Advocacy Services offered at American Association of Suicidology**

No Physical Address, Camp Hill, PA 17011

**Website:** [www.suicidology.org](http://www.suicidology.org)      **Email:** [info@suicidology.org](mailto:info@suicidology.org)

**Phone:** 888-977-3868

**Hours:** 8:30am - 4:30pm (CT), Monday - Friday

**Services Offered:** Advancing suicide prevention, professional education and survivor resources through applying strategies, research and information.

The Association also promotes public policy to improve the quality of suicide prevention and intervention.

**Coverage Area:** United States

## Telemental Health

### **Healthcare Services offered at Rural Health Care, Inc.**

400 22nd Avenue, Suite 1, Brookings, SD 57006

**Phone:** 605-697-9500

**Hours:** 8:00am - 7:00pm (CT), Monday - Friday 9:00am - 12:00noon (CT), Saturday - Sunday

**Services Offered:** Provides a full range of primary healthcare services including physical exams, chronic disease management, acute illness management, physicals, well child exams, children/adolescent/men/women healthcare services, immunizations, telemedicine related to medical and mental health needs, certified laboratory services, All Women Count services, assistance with Marketplace insurance enrollment, and allergy injections.

Nurse triage available for after-hours calls. Situation will be assessed by a registered nurse with further guidance provided.

Strives to meet the needs of all patients, including the underinsured and underserved and offers services at a reduced rate to those who qualify.

**Coverage Area:** Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

### **Cognitive Behavioral Group Therapy offered at Transformation Project, The**

500 N. Western Avenue, Sioux Falls, SD 57104

**Website:** [www.transformationprojectsd.org](http://www.transformationprojectsd.org)

**Email:** [admin@transformationprojectsd.org](mailto:admin@transformationprojectsd.org)

**Phone:** 605-610-8579

**Hours:** Hours vary. Please call or email

**Services Offered:** Provides a supportive and affirming environment to address LGBTQ-related stress, depression, and anxiety. Participants engage in sessions to learn coping strategies, build emotional resilience, and connect with peers. The program is hybrid, offering both in-person and virtual options, and is facilitated by trained professionals.

A screening process ensures participants are a good fit, with an emphasis on readiness and safety. Sessions focus on topics such as mindfulness, cognitive flexibility, and emotional regulation, fostering a pathway to mental wellness.

**Coverage Area:** South Dakota and a 40-mile radius

### **Post-High School and Therapy Services offered at Teachwell Solutions**

715 E. 14th Street, Sioux Falls, SD 57104

**Website:** <http://teachwell.org>

**Email:** [info@teachwell.org](mailto:info@teachwell.org)

**Phone:** 605-367-7680

**Hours:** 7:30am - 4:00pm (CT), Monday - Friday

**Services Offered:** A non-profit education co-op created by South Dakota public schools. Specializes in alternative education, special education programming, education-related therapy and supported transition services

Teachwell Transitions - Helps individuals with disabilities navigate life changes with confidence. It prepares students for life after high school and help young adults in their search for meaningful employment. The team of special education professionals, counselors and success coaches work with community partners to create a supportive environment that helps each person succeed.

Teachwell Therapy Services - Experienced team of professional therapy providers, providing schools and families with a powerful resource to address a wide range of individual learning needs.

Provides the following - Speech-Language Therapy, Occupational Therapy, Physical Therapy, School Psychology, Applied Behavior Analysis Therapy, and Assistive Technology Consultation and Services.

**Coverage Area:** South Dakota

### **Healthcare Services offered at Rural Health Care, Inc.**

1900 Grassland Drive, Suite 103, Mitchell, SD 57301

**Phone:** 605-995-7000

**Hours:** Office Hours: 7:00am - 5:00pm (CT), Monday - Friday Urgent Care Hours: 12:00noon - 6:00pm (CT), Monday - Friday 9:00am - 4:00pm (CT), Saturday and Sunday

**Services Offered:** Provides a full range of primary healthcare services including physical exams, chronic disease management, acute illness management, physicals, well child exams, children/adolescent/men/women healthcare services, immunizations, telemedicine related to medical and mental health needs, certified laboratory services, All Women Count services, assistance with Marketplace insurance enrollment, and allergy injections.

Nurse triage available for after-hours calls. Situation will be assessed by a registered nurse with further guidance provided.

Strives to meet the needs of all patients, including the underinsured and underserved and offers services at a reduced rate to those who qualify.

**Coverage Area:** Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

### **Healthcare Services offered at Rural Health Care, Inc.**

200 S. Commercial Avenue S.E., Highmore, SD 57345

**Phone:** 605-852-2238

**Hours:** 8:30am - 5:00pm (CT), Monday, Wednesday, Friday 7:30am - 5:00pm (CT), Tuesday, Thursday

**Services Offered:** Provides a full range of primary healthcare services including physical exams, chronic disease management, acute illness management, physicals, well child exams, children/adolescent/men/women healthcare services, immunizations, telemedicine related to medical and mental health needs, certified laboratory services, All Women Count services, assistance with Marketplace insurance enrollment, and allergy injections.

Nurse triage available for after-hours calls. Situation will be assessed by a registered nurse with further guidance provided.

Strives to meet the needs of all patients, including the underinsured and underserved and offers services at a reduced rate to those who qualify.

**Coverage Area:** Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

### **Healthcare Services offered at Rural Health Care, Inc.**

101 S. Front Street, Chamberlain, SD 57325

**Phone:** 605-234-6584

**Hours:** 8:00am - 5:00pm (CT), Monday, Friday 7:00am - 5:00pm (CT), Tuesday, Thursday 8:00am - 6:00pm (CT), Wednesday

**Services Offered:** Provides a full range of primary healthcare services including physical exams, chronic disease management, acute illness management, physicals, well child exams, children/adolescent/men/women healthcare services, immunizations, telemedicine related to medical and mental health needs, certified laboratory services, All Women Count services, assistance with Marketplace insurance enrollment, and allergy injections.

Nurse triage available for after-hours calls. Situation will be assessed by a registered nurse with further guidance provided.

Strives to meet the needs of all patients, including the underinsured and underserved and offers services at a reduced rate to those who qualify.

**Coverage Area:** Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

### **Healthcare Services offered at Rural Health Care, Inc.**

120 S. Main Street, Kennebec, SD 57544

**Phone:** 605-869-2872

**Hours:** 8:30am - 5:00pm (CT), Monday - Friday

**Services Offered:** Provides a full range of primary healthcare services including physical exams, chronic disease management, acute illness management, physicals, well child exams, children/adolescent/men/women healthcare services, immunizations, telemedicine related to medical and mental health needs, certified laboratory services, All Women Count services, assistance with Marketplace insurance enrollment, and allergy injections.

Nurse triage available for after-hours calls. Situation will be assessed by a registered nurse with further guidance provided.

Strives to meet the needs of all patients, including the underinsured and underserved and offers services at a reduced rate to those who qualify.

**Coverage Area:** Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

### **Healthcare Services offered at Rural Health Care, Inc.**

303 S. Main Street, Onida, SD 57564

**Phone:** 605-258-2635

**Hours:** 8:30am - 5:00pm (CT), Monday, Wednesday, Friday 8:00am - 4:30pm (CT), Tuesday, Thursday

**Services Offered:** Provides a full range of primary healthcare services including physical exams, chronic disease management, acute illness management, physicals, well child exams, children/adolescent/men/women healthcare services, immunizations, telemedicine related to medical and mental health needs, certified laboratory services, All Women Count services, assistance with Marketplace insurance enrollment, and allergy injections.

Nurse triage available for after-hours calls. Situation will be assessed by a registered nurse with further guidance provided.

Strives to meet the needs of all patients, including the underinsured and underserved and offers services at a reduced rate to those who qualify.

**Coverage Area:** Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

### **Healthcare Services offered at Rural Health Care, Inc.**

116 N. Main Street, Presho, SD 57568

**Phone:** 605-895-2589

**Hours:** 8:30am - 5:00pm (CT), Monday, Wednesday, Friday 8:00am - 4:30pm (CT), Tuesday, Thursday

**Services Offered:** Provides a full range of primary healthcare services including physical exams, chronic disease management, acute illness management, physicals, well child exams, children/adolescent/men/women healthcare services, immunizations, telemedicine related to medical and mental health needs, certified laboratory services, All Women Count services, assistance with Marketplace insurance enrollment, and allergy injections.

Nurse triage available for after-hours calls. Situation will be assessed by a registered nurse with further guidance provided.

Strives to meet the needs of all patients, including the underinsured and underserved and offers services at a reduced rate to those who qualify.

**Coverage Area:** Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

### **Healthcare Services offered at Rural Health Care, Inc.**

202 Island Drive, Suite 1, Fort Pierre, SD 57532

**Phone:** 605-223-2200

**Hours:** 8:30am - 5:00pm (CT), Monday, Wednesday, Friday 7:30am - 5:00pm (CT), Tuesday, Thursday

**Services Offered:** Provides a full range of primary healthcare services including physical exams, chronic disease management, acute illness management, physicals, well child exams, children/adolescent/men/women healthcare services, immunizations, telemedicine related to medical and mental health needs, certified laboratory services, All Women Count services, assistance with Marketplace insurance enrollment, and allergy injections.

Nurse triage available for after-hours calls. Situation will be assessed by a registered nurse with further guidance provided.

Strives to meet the needs of all patients, including the underinsured and underserved and offers services at a reduced rate to those who qualify.

**Coverage Area:** Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

### **Healthcare Services offered at Rural Health Care, Inc.**

609 Garfield Avenue, Murdo, SD 57559

**Phone:** 605-669-2121

**Hours:** 8:30am - 5:00pm (CT), Monday, Wednesday, Friday 8:00am - 4:30pm (CT), Tuesday, Thursday

**Services Offered:** Provides a full range of primary healthcare services including physical exams, chronic disease management, acute illness management, physicals, well child exams, children/adolescent/men/women healthcare services, immunizations, telemedicine related to medical and mental health needs, certified laboratory services, All Women Count services, assistance with Marketplace insurance enrollment, and allergy injections.

Nurse triage available for after-hours calls. Situation will be assessed by a registered nurse with further guidance provided.

Strives to meet the needs of all patients, including the underinsured and underserved and offers services at a reduced rate to those who qualify.

**Coverage Area:** Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.