

Basic Needs Resource Guide

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Mental Health / Substance Abuse

Counseling Services offered at Circle of Encouragement Counseling

1514 12th Street S., Brookings, SD 57006

Email: encourage@brookings.net

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

Phone: 605-691-7630

Eligibility: Open to all with emphasis on working with children, adolescents, and families.

Coverage Area: Brookings area and others by appointment

Provides individual therapy and consultation/training services in the following areas anxiety, behavioral concerns, depression, divorce, grief and loss.

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

752 22nd Avenue, Brookings, SD 57006

Website: <https://lsssd.org/what-we-do/behavioral-health-services/>

Email: info@lsssd.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday, and by appointment

Phone: 605-444-7500

Eligibility: Open to all

Coverage Area: Counties of Brookings, Brown, Codington, Grant, and Marshall.

Offers individual, couples, family therapy, education groups, and mental health assessment and evaluations.

Counseling Services offered at Clear Perspectives Counseling Associates

1451 6th Street, Brookings, SD 57006

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

Phone: 605-651-7416

Eligibility: Open to all

Coverage Area: Brookings area

Provides mental health counseling services to individuals, couples, groups, and families. Works with a wide range of client populations experiencing issues including, but not limited to; anxiety, depression, mood disorders, life stage changes, adjustment issues, relationship problems, behavior issues, substance abuse and recovery, grief, trauma, parenting and discipline, educational/vocational concerns, and more. Offers EMDR and Brainspotting for trauma treatment and recovery.

Counseling Services offered at New Perspectives Counseling, LLC

1451 6th Street, Brookings, SD 57006

Website: www.clearreflections-counseling.com

Email: new.perspectives@hotmail.com

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

Phone: 605-864-6946

Eligibility: Open to all

Coverage Area: Brookings area

Provides individual and/or family therapy in the areas such as anxiety, depression, stress management, behavioral issues, and school issues.

Behavioral Health Clinic Brookings offered at Avera Behavioral Health

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

Hours: Appointments available as needed, evening hours available.

Phone: 605-322-5700

Eligibility: Open to all

Coverage Area: Brookings and surrounding area.

Avera Behavioral Health of Brookings provides outpatient mental health therapeutic services all across the lifespan (pre-natal to gerontology). Individual, Couples, Family, Group and School-Based services are available. Specialized therapeutic services such as Theraplay, Play Therapy, Tapping and Acu-Detox interventions are available.

Brookings Clinic offered at Avera

400 22nd Avenue, Brookings, SD 57006

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

Phone: 605-697-9500

Eligibility: Open to all

Coverage Area: Brookings area

A multi-specialty medical clinic. Clinic hours: 8:00am - 5:00pm, Monday - Friday / Urgent Care hours: 5:00pm - 7:00pm, Monday - Friday, 9:00am - 12:00noon, Saturday, Sunday.

Counseling Services offered at Rising Hope Counseling, LLC

601 4th Street, Suite 102, Brookings, SD 57006

Website: risinghope605.com **Email:** admin@risinghope605.com

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

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Yellow Brick Road Counseling and Therapy

601 4th Street, Brookings, SD 57006

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

Phone: 605-214-6855

Eligibility: Open to all

Coverage Area: Eastern South Dakota

Mental health clinic addressing trauma in a safe and healthy way. Services offered include: Individual counseling, Marriage counseling, Divorce counseling, Dialectical Behavioral Therapy (DBT), and Cognitive Behavioral Therapy (CBT).

Counseling Services offered at Brookings Counseling Solutions, LLC

1304 Main Avenue S., Brookings, SD 57006

Website: brookingscounselingsolutions.com **Email:** office@srb-service.com

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

Phone: 605-999-6162

Eligibility: Open to all

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

Provides mental health and addictions counseling to individuals, couples, and families ages 6 and up, all genders. Provides holistic wellness coaching in individuals 18 and up. Provides Reiki services.

Counseling Services offered at Psychiatric Services, LLC

306 4th Street, Suite G, Brookings, SD 57006

Email: clientservices@strivingtoimprove.org

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

Phone: 605-988-8366

Eligibility: Open to all

Coverage Area: Counties served: Brookings, Lincoln, McCook, Minnehaha, and Turner.

Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Counseling Services offered at Sandra Diedrich

306 4th Street, Suite G, Brookings, SD 57006

Hours: 8:00am - 6:00pm (CT), Monday, Wednesday 8:00am - 12:00pm (CT), Tuesday 8:00am - 5:00pm (CT), Thursday On site appointments April - October

Phone: 605-690-9062

Eligibility: Open to all

Coverage Area: Brookings area

For profit program providing a variety of counseling services in-person and via telehealth integrated with clients' Christian beliefs.

Counseling Services offered at Alpine Counseling Services, LLC

510 Main Avenue, Suite 1, Brookings, SD 57006

Website: www.alpynecounselingsd.com **Email:** info@alpynecounselingsd.com

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

Phone: 605-620-1706

Eligibility: Children, teens, families, and adults under 65.

Coverage Area: Counties of Brookings and Kingsbury.

Provides evidence-based therapy, Parent Child Interaction Therapy, Parent Management Training, and treating disorders such as anxiety, depression, OCD, and PTSD.

Counseling Services offered at Uckert Counseling

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

Website: www.uckertcounseling.com **Email:** uckertcounseling@gmail.com

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

Phone: 605-592-5300

Eligibility: Open to all

Coverage Area: Brookings area

Providing mental health counseling to individuals. Areas of specialty include using Accelerated Resolution Therapy for anxiety, trauma, and other issues.

Counseling Services offered at Brookings Behavioral Health & Wellness

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

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

Phone: 605-697-2850

Eligibility: Open to all

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

A fully-integrated community-based mental health and substance abuse service provider. Direct services are provided after a comprehensive, interactive assessment (including mental health, chemical dependency, behavior, strengths, capabilities, supports, etc.) determines appropriate services needed.

Counseling Services offered at Lighthouse Counseling Services

628 Main Avenue, Suite B, Brookings, SD 57006

Email: lighthousecounselingservices@outlook.com

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

Phone: 605-690-4645

Eligibility: Open to all

Coverage Area: Brookings and surrounding area

Offers mental health services for adults, couples, children (including adolescents), and families.

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

Email: sdsu.shc@sdstate.edu

Hours: 9:00am - 5:00pm (CT), Monday 8:00am - 5:00pm (CT), Tuesday - Friday Follows all SDSU scheduled holiday closures and all SDSU emergency closures.

Phone: 605-688-4157

Eligibility: Registered students who are local, distance, and remote learning.

Coverage Area: Campus of South Dakota State University

Offers a wide range of confidential services to currently enrolled SDSU students. These services include, but are not limited to individual and group counseling, crisis intervention, and self-help resources.

Life Coaching and Mediation Services offered at Rita Olson Counseling & Mediation

1727 Teton Pass, Brookings, SD 57006

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

Eligibility: Services provided to individuals 16 years and older.

Coverage Area: Brookings area

Life Coaching Services provided to adults and children above the age of 8.

Counseling Services offered at Rising Hope Counseling, LLC

700 S. Washington Avenue, Suite 100, Madison, SD 57042

Website: risinghope605.com

Email: admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Rising Hope Counseling, LLC

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

Website: risinghope605.com

Email: admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

1424 9th Avenue S.E., Watertown, SD 57201

Website: <https://lsssd.org/what-we-do/behavioral-health-services/>

Email: info@lsssd.org

Hours: 8:00am - 9:00pm (CT), Monday, Wednesday 8:00am - 5:00pm (CT), Tuesday, Thursday 8:00am - 12:00noon (CT), Friday

Phone: 605-882-2740

Eligibility: Open to all

Coverage Area: Counties of Brookings, Brown, Codington, Grant, and Marshall.

Offers individual, couples, family therapy, education groups, and mental health assessment and evaluations.

Counseling Services offered at Better Me Counseling and Consulting

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

Hours: 8:30am - 5:30pm (CT), Tuesday, Wednesday, Thursday 9:00am - 7:00pm (CT), Monday

Phone: 605-880-0100

Eligibility: Serving ages 4-65+

Coverage Area: Counties of Codington, Hamlin, Clark, and South Dakota via telehealth

Provides mental health counseling for children, adults, families and couples. Including the following services:

- individual counseling
- marriage counseling
- divorce counseling
- grief/bereavement counseling
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- couples (conjoint) counseling
- trauma informed therapy
- cognitive behavioral therapy
- adolescent/youth counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling
- farm crisis counseling
- retirement and aging concerns

Counseling Services offered at Rising Hope Counseling, LLC

818 S. Broadway Street, Suites 109 & 110, Watertown, SD 57201

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Rising Hope Counseling, LLC

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

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

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

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

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

Phone: 605-334-6004

Eligibility: Children ages 4 - 14 with emotional or behavioral problems

Coverage Area: South Dakota

Residential treatment center; educational services; foster care and adoption information; community prevention information and trainings available.

Counseling Services offered at Parts of You Therapy

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

Website: <https://www.partsofyou.org/> **Email:** crosby@partsofyou.org

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

Phone: 605-550-2655

Eligibility: Open to teens and adults ages 12 and older.

Coverage Area: Individual and group therapy sessions for Sioux Falls area residents. Telehealth services throughout South Dakota. Counseling Services include individual counseling, youth counseling, parent counseling, LGBTQ+ counseling, gender identity counseling, grief/bereavement counseling, and cognitive behavioral therapy.

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

100 S. Spring Avenue, Sioux Falls, SD 57104

Hours: By appointment only.

Phone: 605-271-6979

Eligibility: Open to those 10 and up.

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

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.

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

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

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

Phone: 605-271-6979

Eligibility: Open to those 10 and up.

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

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.

Counseling Services offered at Alexander Therapy & Consulting, PLLC

No Physical Address, Sioux Falls, SD 57103

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

Phone: 605-206-9301

Eligibility: Adults ages 18 and up

Coverage Area: South Dakota via telehealth

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 as depression, anxiety, trauma, parenting difficulties, and grief.

Counseling Service offered at Dakota Hope Counseling

1500 S. Sycamore Avenue, Suite 102, Sioux Falls, SD 57110

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

Phone: 605-223-5155

Eligibility: Youth (ages 10 - 18) and adults

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

Counseling services for ages 10 - adult. In-person and telehealth appointments available.

Counseling Services offered at Psychiatric Services, LLC

2116 S. Minnesota Avenue, Suite 5, Sioux Falls, SD 57105

Email: clientservices@strivingtoimprove.org

Hours: 8:00am - 5:00pm (CT), Wednesday

Phone: 605-697-5352

Eligibility: Open to all

Coverage Area: Counties served: Brookings, Lincoln, McCook, Minnehaha, and Turner.

Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Addiction Recovery Program offered at Avera Behavioral Health

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

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

Phone: 605-322-5700

Eligibility: Open to individuals, couples, and families affected by addiction or co-occurring issues.

Coverage Area: Eastern South Dakota

Individuals, couples, or families can get treatment for co-occurring issues of substance abuse/addictive disorders.

Counseling Services offered at Balance Point, LLC

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

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

Phone: 605-524-8910

Eligibility: Open to all

Coverage Area: Southeastern South Dakota

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

Counseling Services offered at Counseling Resources

4109 S. Carnegie Circle, Sioux Falls, SD 57106

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

Phone: 605-331-2419

Eligibility: Ages 17 years and older

Coverage Area: Eastern South Dakota

Outpatient mental health, substance abuse and co-occurring disorders therapy. Caring, confidential and professional.

Counseling Services offered at Talking Pointe, The

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

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

Phone: 605-215-1309

Eligibility: Children, teens, and adults

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

Counseling services offered are individual counseling, couples counseling, family counseling, youth counseling, and marriage counseling.

Counseling Services offered at Stronghold Counseling Services, Inc.

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

Website: www.strongholdcounseling.com **Email:** info@strongholdcounseling.com

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

Phone: 605-334-7713

Eligibility: Open to all

Coverage Area: South Dakota

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. The website wecounsel is used for telehealth services.

Counseling Services offered at Midwest Wellness Institute, PLLC

4308 S. Arway Drive, Sioux Falls, SD 57106

Website: www.mwihealth.org/ **Email:** office@mwihealth.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday Office staff works remotely some days; please call before stopping in.

Phone: 605-573-2000

Eligibility: Open to all

Coverage Area: South Dakota

MWI Health finds innovative ways to improve lives with team of mental health providers, offering psychiatric evaluations, medication management, and individual psychotherapy in Sioux Falls, SD, with telehealth options available.

Counseling Services offered at Counseling Cafe, The

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

Website: thecounselingcafesf.com **Email:** info@thecounselingcafesf.com

Hours: 8:30am - 8:00pm (CT), Monday 8:30am - 6:00pm (CT), Tuesday - Thursday 7:30am - 12:00noon (CT), Friday

Phone: 605-271-8008

Eligibility: Adults and children ages 9 years and above

Coverage Area: South Dakota, Northwest Iowa and Minnesota

Providing a safe place for people to explore, discover and accept the individual as they are. Services offered include evaluations and assessments and professional therapy and counseling.

Counseling Services offered at Guiding Light Counseling, LLC

5000 S. MacArthur Lane, Suite 104, Sioux Falls, SD 57108

Website:

<https://sarah-scherr.clientsecure.me/?mld=18341d8b6e8569-0e1e8db0ccd33d-26021c51-15f900-18341d8b6e93cc#home>

Email: guidinglightcounselingsf@gmail.com

Hours: Monday - Friday; call for specific hours

Phone: 605-413-6835

Eligibility: Ages 13 and up.

Coverage Area: South Dakota. Telehealth visits are available for people living outside of the Sioux Falls area.

A for-profit counseling center serving teens and adults in the Sioux Falls area. Also trained in Accelerated Resolution Therapy - a type of therapy that helps alleviate trauma symptoms.

Assessment and Referral offered at Avera Behavioral Health

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

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.

Phone: 605-322-4065

Eligibility: Open to all, including children

Coverage Area: Eastern South Dakota

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

Adolescent Partial Hospitalization Program offered at Avera Behavioral Health

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

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

Phone: 605-322-4056

Eligibility: Adolescents ages 12 - 18

Coverage Area: Eastern South Dakota

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.

Behavioral Health Urgent Care offered at Avera Behavioral Health

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

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

Phone: 605-322-4065

Eligibility: Open to all

Coverage Area: Eastern South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

6340 S. Western Avenue, Suite 120, Sioux Falls, SD 57108

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Aspire Counseling, LLC

6340 S. Western Avenue, Sioux Falls, SD 57108

Website: www.aspirecounselingsd.com **Email:** info@aspirecounselingsd.com

Hours: 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT), Friday

Phone: 605-277-1422

Eligibility: Ages 5 and up

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

Provides therapy services for those with mental health needs.

Counseling Services offered at Evergreen Counseling and Consulting Services, LLC

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

Hours: Varies; call for appointment times.

Phone: 605-423-7880

Eligibility: Open to all ages

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

Focuses on supporting people through grief/loss, life transitions, mental health challenges, and family conflict.

Counseling Services offered at Yellow Brick Road Counseling and Therapy

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

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

Phone: 605-214-6855

Eligibility: Open to all

Coverage Area: Eastern South Dakota

Mental health clinic addressing trauma in a safe and healthy way. Services offered include: Individual counseling, Marriage counseling, Divorce counseling, Dialectical Behavioral Therapy (DBT), and Cognitive Behavioral Therapy (CBT).

Counseling Services offered at Rising Hope Counseling, LLC

317 N. Heritage Parkway, Tea, SD 57064

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

401 S. Flynn Drive, Milbank, SD 57252

Website: <https://lsssd.org/what-we-do/behavioral-health-services/> **Email:** info@lsssd.org

Hours: 10:00am - 6:00pm (CT), Monday, Tuesday, 10:00am - 2:00pm (CT), Wednesday, Thursday

Phone: 605-882-2740

Eligibility: Open to all

Coverage Area: Counties of Brookings, Brown, Codington, Grant, and Marshall.

Offers individual, couples, family therapy, education groups, and mental health assessment and evaluations.

Counseling Services offered at Rising Hope Counseling, LLC

230 6th Street, Hanson Elementary, Alexandria, SD 57311

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Rising Hope Counseling, LLC

230 6th Street, Hanson Middle School, Alexandria, SD 57311

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Rising Hope Counseling, LLC

904 E. 5th Street, Canton, SD 57013

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Rising Hope Counseling, LLC

110 3rd Street S.W., Suite 107, Huron, SD 57350

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for more information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Rising Hope Counseling, LLC

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

Website: risinghope605.com **Email:** admin@risinghope605.com

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

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Rising Hope Counseling, LLC

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

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Rising Hope Counseling, LLC

104 W. Main Street, Parkston, SD 57366

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Rising Hope Counseling, LLC

451 Main Street, Scotland, SD 57059

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

421 3rd Avenue E., Sisseton, SD 57262

Website: <https://lsssd.org/what-we-do/behavioral-health-services/> **Email:** info@lsssd.org

Hours: Call for information

Phone: 605-882-2740

Eligibility: Open to all

Coverage Area: Counties of Brookings, Brown, Codington, Grant, and Marshall.

Offers individual, couples, family therapy, education groups, and mental health assessment and evaluations.

Counseling Services offered at Stronghold Counseling Services, Inc.

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

Website: www.strongholdcounseling.com **Email:** info@strongholdcounseling.com

Hours: 10:00am - 8:00pm (CT), Monday - Thursday

Phone: 605-334-7713

Eligibility: Open to all

Coverage Area: South Dakota

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. The website wecounsel is used for telehealth services.

Counseling Services offered at Rising Hope Counseling, LLC

717 E. Main Street, Vermillion, SD 57069

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

110 6th Avenue S.E., Suite 200, Aberdeen, SD 57401

Website: <https://lsssd.org/what-we-do/behavioral-health-services/> **Email:** info@lsssd.org

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

Phone: 605-262-6300

Eligibility: Open to all

Coverage Area: Counties of Brookings, Brown, Codington, Grant, and Marshall.

Offers individual, couples, family therapy, education groups, and mental health assessment and evaluations.

Counseling Services offered at Empowerment Counseling, LLC

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

Website: empowermentcounselingsd.com **Email:** empowermentcounselingsd@gmail.com

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

Phone: 605-846-0464

Eligibility: Ages 14 and up

Coverage Area: Northeastern South Dakota

Services provided are individual counseling, marriage counseling, dialectical behavioral therapy, family counseling, and family functional therapy.

Counseling Services offered at Shelterbelt Counseling, LLC

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

Hours: 11:00am - 6:00pm (CT), Monday 8:00am - 6:00pm (CT), Tuesday, Wednesday 10:00am - 7:00pm (CT), Thursday

Phone: 605-824-4288

Eligibility: 18 years and older

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

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

Counseling Services offered at Rising Hope Counseling, LLC

426 N. Highway 281, Suite 3, Aberdeen, SD 57401

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for more information.

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Northern Plains Psychological Associates, LLC

405 8th Avenue N.W., Suite 333, Aberdeen, SD 57401

Website: nppasd.com **Email:** admin@nppasd.com

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

Phone: 605-225-3622

Eligibility: Open to adults

Mental health services and counseling for individuals of all ages, families, and couples. Issues such as depression, anxiety, panic, life transition and adjustment (such as career, mid-life, relationship changes, aging, etc.), coping with chronic illness, grief and loss, trauma, PTSD, job stress, issues relating to confidence, self esteem, and empowerment, ADHD, behavioral issues, anger, and parenting. Sessions can also be offered via telehealth.

Counseling Services offered at Inspire Counseling, LLC

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

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

Phone: 605-262-0513

Eligibility: Ages 5 and up

Coverage Area: South Dakota

Specific training in trauma therapy including child trauma certified. Works with all ages, diagnosis, and families. Also provides a Spanish speaking translator at no cost if needed. 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
- internet (tele-health) counseling

Counseling Services offered at Rising Hope Counseling, LLC

118 S. Main Street, Suite 1, Chamberlain, SD 57325

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

Counseling Services offered at Rising Hope Counseling, LLC

841 Jackson Street, Suite C, Burke, SD 57523

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

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

Hours: See website for details.

Phone: 605-773-3134

Eligibility: Open to all

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

420 S. Henry Street, Pierre, SD 57501

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information.

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: Pierre area

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.

Support Groups offered at Aneptu Luta Otipi

North Route, Kyle, SD 57752

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

Phone: 605-455-2331

Eligibility: Enrolled Tribal Members 12 years of age and older; degree of Indian blood or Tribal Enrollment number required.

Coverage Area: Pine Ridge Reservation

Support Services include:

- Recovery Support Meeting (Online):
 - Assists clients in recovery maintenance. Recovery Support services includes formal aftercare programs, wellbriety and traditional pathways, and talking circles. There are no requirements to participate.
 - Online Meetings: 2:00pm, every Wednesday and Thursday
 - Join the meeting in 2 steps: Step 1: go to www.zoom.us and Step 2: Meeting ID (883-9859-6211) No passcode
- Family Support Meeting (Online)
 - Support for family members who struggle with a friend or relative with a substance use addiction.
 - Online meeting every Monday at 2:00pm
- Recovery Support Meeting (Online)
 - Individuals at all stages of recovery are welcome. There are no requirements to participate.
 - Online meeting every Wednesday and Thursday at 2pm
- Parenting (Online)
 - Online Meeting: Thursday at 2:00pm
 - Join the meeting in 2 steps: Step 1: Go to www.zoom.us Step 2: Meeting ID (856-8255-7067) Passcode (227449)

Counseling Services offered at Esthers Rising

Rapid City, SD 57701

Website: <https://esthersrisingministry.com/free23/>

Email: referrals.esthersrising@protonmail.com

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

Phone: 605-519-8870

Eligibility: Adolescents who are at risk for or have experienced sexual exploitation and/or sex trafficking

Coverage Area: South Dakota

Providing trauma-based counseling for adolescents 12 - 17 who have experience or are at risk for sexual exploitation or sex trafficking.

Counseling Services offered at Rising Hope Counseling, LLC

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

Website: risinghope605.com

Email: admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

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

3200 Canyon Lake Drive, Rapid City, SD 57702

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

Phone: 605-718-5095

Eligibility: American Indian enrollees

Coverage Area: Located in Rapid City

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.

Counseling Services offered at Rapid City Mental Health Professionals, LLC

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

Website: www.rapidcitymentalhealth.com

Email: office@rapidcitymentalhealth.com

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

Phone: 605-716-3555

Eligibility: Open to all ages

Coverage Area: South Dakota

Provides medication management of mental health disorders: depression, anxiety, PTSD, OCD, ADHD, bipolar disorder, schizophrenia and other psychotic illnesses. Services provided by psychiatric mental health nurse practitioners who have been employed in the inpatient settings, correctional facilities, and outpatient mental health.

Other services provided:

- Adolescent psychiatry
- Medication management
- Mental health screening
- Adult psychiatry
- Geriatric psychiatry
- Spravato treatment
- Culturally sensitive
- Photobiomodulation Therapy (light therapy)

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

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

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

Phone: 605-343-5422

Eligibility: Children ages 4 - 14 with emotional or behavioral problems

Coverage Area: South Dakota

Residential treatment center; educational services; foster care and adoption information; community prevention information and trainings available.

Counseling Services offered at Belle Fourche Counseling, LLC

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

Website: www.bellefourchecounseling.com **Email:** info@bellefourchecounseling.com

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

Phone: 605-722-8090

Eligibility: Open to all

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

Individual and family therapy services, specializing in eye movement desensitization and reprocessing (EMDR), trauma (including abuse) focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting.

Offers telehealth counseling. Does not require the person to attend an intake session in person. Can mail intake paperwork and this should be returned via mail or email prior to first session. Services are provided through a secure video connection.

Strives to provide culturally relevant and sensitive care.

Counseling Services offered at Rising Hope Counseling, LLC

3105 W. Fairground Loop, Spearfish, SD 57783

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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.

SAMHSA Behavioral Health Treatment Finder offered at Substance Abuse and Mental Health Services Administration

5600 Fishers Lane, Substance Abuse and Mental Health Services Administration, Rockville, MD 20857

Hours: Website available 24 hours a day / 7 days a week

Phone: 800-662-4357

Eligibility: Open to all

Coverage Area: United States (other than South Dakota)

The Behavioral Health Treatment Services Locator, is a source of information related to substance abuse/addiction and/or mental health services for persons seeking treatment facilities (outside of South Dakota) in the United States or U.S. Territories.

Counseling and Support Groups offered at CancerCare

275 7th Avenue, New York, NY 10001

Website: www.cancercare.org **Email:** info@cancercare.org

Hours: 10:00am - 6:00pm (ET), Monday - Thursday 10:00am - 5:00pm (ET), Friday

Phone: 212-712-8400

Eligibility: Anyone who is touched by cancer including: the person diagnosed, family, friends, co-workers, and the bereaved

Coverage Area: United States, Puerto Rico and U.S. Territories

Comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All services are provided by oncology social workers and world-leading cancer experts.

Mental Health Education offered at MindWise Innovations

270 Bridge Street, Suite 205, Dedham, MA 2026

Website: mindwise.org **Email:** info@mindwise.org

Hours: 24 hours a day / 7 days a week

Phone: 781-239-0071

Eligibility: Open to all including College Students, Active-Duty Military, National Guard, Reserves, Veterans, and their families

Coverage Area: United States

A self-assessment questionnaire, regarding mental health and substance abuse, to assess if treatment or evaluation would be beneficial.