Employment

Vocational Rehabilitation - Brookings Office offered at South Dakota Department of Human Services
1310 Main Avenue, S., Suite 102, Brookings, SD 57006
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
**Phone:** (605) 688-4280
**Eligibility:** . Individuals with a disability, i.e. a physical or mental impairment which constitutes or results in a substantial impediment to employment,
. Individuals that can benefit from vocational rehabilitation services in achieving an employment outcome; and
. Require vocational rehabilitation services to prepare for, enter, engage in, or retain gainful employment.
Helps individuals with disabilities to gain and maintain compatible employment in an area of their choice. Services include vocational counseling and guidance, vocational assessments, training opportunities, on-the-job training, work site accommodations, and job placement services.

Job Service Office offered at South Dakota Department of Labor and Regulation
1310 Main Avenue S., Suite 103, Brookings, SD 57006
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
**Phone:** (605) 688-4350
**Eligibility:** Call for information
Assists job seekers to apply for positions for which they are qualified and provides job search assistance classes. Computers are available for conducting job searches and applying online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Adult Education and Literacy offered at Lake Area Technical College
1310 S. Main Avenue, Suite 112, Brookings, SD 57006
**Website:** https://www.lakeareatech.edu/academics/adult-education-literacy/
**Hours:** 8:30am - 4:00pm (CT), Monday, Tuesday, Thursday 9:00am - 4:00pm (CT), Wednesday 8:30am - 12:00noon (CT), Friday
**Phone:** (605) 688-4370
**Eligibility:** Those who read below an 8th grade level, do not have a high school diploma and are not enrolled in a secondary school. Adults 18 years or older 16 & 17 year olds that are approved for Alternative Instruction (home schooled)
Provides adult basic education for those earning their GED, looking to brush up on basic math, science or English skills, and or receive ESL classes for those learning English. The purpose is to expand the educational opportunities for adults.

Disability Employment Services offered at Advance
1303 Trail Ridge Road, Brookings, SD 57006
**Hours:** 9:00am - 5:00pm (CT), Monday - Friday, or based on client need.
**Phone:** (605) 696-5264
**Eligibility:** Must be eligible for Vocational Rehabilitation and have a qualifying disability. Private pay is optional, contact for more details.
Helps people with disabilities develop the skills needed to find and maintain employment. Services are individualized for the client. Common services include:
- Occupational development
- Guidance
- Consultation
- Mock interviews
- Resume and cover letter creation
- Assistance with applications
- Follow-up contact
- Information pertaining to workplace earnings and the impact on Social Security benefits, Medicare, and Medicaid.
- Vocational evaluations
- Occupational interest surveys
- Independent living evaluations
- Short-term internships
- On site job coaching and/or assessment
- Basic social skill development
- Cultural awareness
- Transitional support into the workplace for students and young adults
- Specific job and task analysis
- Guidance for accommodations and adaptive equipment

Individuals are referred to Career Advantage by the Division of Rehabilitation Services (DRS), commonly referred to as Vocational Rehabilitation (VR), State Services for the Blind & Visually Impaired (SBVI), local School Districts, as well as friends and family members.

Career Advantage is also used as a local resource for businesses who may have disability employment questions, may be seeking guidance on best practices, approaches, accommodations, adaptive equipment, or may be looking to hire additional employees. Functional assessments are available for on-site testing, and disability training for staff is a service available by special request.

**Disability Support Services offered at Advance**
301 Division Avenue, Brookings, SD 57006
**Hours:** Main Office - 8:00am - 5:00pm (CT), Monday - Friday. Residential Services provided 24 hours a day / 7 days a week.
**Phone:** (605) 692-7852
**Eligibility:** Must have a developmental disability that was manifested before the age of 22.
A community support provider offering services to individuals with disabilities in the areas of:
- Residential services
- Day services
- Medical services
- Personalized support plan, to help with attaining desired dreams and goals in the areas of:
  - Home
  - Work
  - Community

- Career Advantage program

**Project SEARCH offered at Brookings School District**
Larson Commons 103D, Box 2806, Brookings, SD 57007
**Hours:** 7:30am - 3:30pm (CT), Monday - Friday
**Phone:** (605) 688-4407
**Eligibility:** Students who have completed all academic requirements for graduation from high school may apply for enrollment in Project SEARCH. Participants must be 18 - 21 years old.
A business-led transition program for students with disabilities. Students who want to work have the chance to explore careers and develop transferable job skills. The goal of the Project SEARCH program is competitive employment for each intern.

Designed as an internship program, Project SEARCH affords students the opportunity to put employability skills into practice. For five days a week, students report to the host business (SDSU) and learn employability skills in the classroom and job skills while participating in targeted internships. Through Project SEARCH they receive support with accommodations, adaptations, and on-the-job coaching.

**Education and Integration Services offered at Southeastern Behavioral Healthcare**

500 E. 54th Street N., Sioux Falls, SD 57104  
**Hours:** Special Education and Adult Day services: 9:00am - 3:00pm (CT), Monday - Friday  
**Phone:** (605) 335-8956  
**Eligibility:** Individuals must have a diagnosis of a developmental disability to access HCBS Funding. Children or adults who do not meet HCBS funding criteria can receive services if there is another funding source such as a local school district. Provides services and supports to children and adults with developmental disabilities by providing support, skills and encouragement needed to achieve hopeful and successful futures.

Services provided to program participants include:  
- Special education  
- Adult day programs  
- Vocational programs  
- Home-based instruction  
- Residential living facilities  
- Consultations  
- Psychiatric services  
- Medication management  
- Counseling  
- Transition Program

**Sioux Council offered at Boy Scouts of America**

800 N. West Avenue, Sioux Falls, SD 57104  
**Website:** [www.siouxscouncil.org](http://www.siouxscouncil.org)  
**Email:** sioux.council@scouting.org  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 361-2697  
**Eligibility:** Vary by program, see description  
For local membership information, go to [www.beascout.org](http://www.beascout.org)

Lions: for youth in kindergarten and is an introduction to Cub Scouts.

Tiger Cubs: for youth who are in the first grade, with an adult member of their family. The program calls for equal participation from the child and adult. Tiger Cubs stress fun, activity, and relationship building between the child and adult, as well as members of the Tiger Cub group.

Cub Scouts: for youth in the 2nd - 5th grades and features age-appropriate activities and projects that involve the family and builds the youth's self-esteem, leadership, and values.

Scouts BSA: for youth 6th - 12th graders and introduces initiative and independence.

Venturing: for young men and women 14 and older. The programs are outdoor and high adventure oriented, often with church youth groups as sponsors.

Career Interest Exploring: available to young men and women in middle school through 21 years of age. Exploring gives young people a chance to explore careers in medicine, animal care, law enforcement, computers, engineering, etc. and other special interests or hobbies.

**SD Deaf Resource & Outreach Programs offered at Communication Service for the Deaf, Inc.**

524 N. Sycamore Avenue, Suite 2, Sioux Falls, SD 57110
Website: sddrop.org    Email: Programs@sddrop.org
Hours: 11:30am - 4:00pm (CT), Monday - Thursday, other hours by appointment
Phone: (605) 362-2618
Eligibility: Open to individuals who are deaf or hard of hearing, family members, service providers, community members, and/or teachers of deaf or hard of hearing persons
Support for deaf/hard of hearing individuals and families, including direct instruction and communication equipment.

South Dakota Rehabilitation Center for the Blind offered at South Dakota Department of Human Services
2900 W. 11th Street, Suite 101, Ste 101, Sioux Falls, SD 57104
Hours: 11:30am - 4:00pm (CT), Monday - Thursday, other hours by appointment
Phone: (605) 367-5260
Eligibility: Individuals who have a vision loss creating difficulty for them at home or work. Individuals are referred by a rehabilitation counselor or teacher.
The SD Rehabilitation Center for the Blind assist individuals to learn how low vision or non-sighted skills can enhance to improve independence.

Job Corps offered at Human Learning Services (HLS)
517 W. 10th Street, Sioux Falls, SD 57104
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (800) 733-5627
Eligibility: Youth ages 16 - 24 years old, income qualified or receiving public assistance
A residential education and vocational training program that is available at no cost to qualified youth ages 16 - 24. Provides training toward a GED or high school diploma and a skilled trade.

National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation
811 E. 10th Street, Dept. 41, Sioux Falls, SD 57103
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 759-6149
Eligibility: Individuals and families who have done any farm or ranch work in the last 2 years
Depending upon availability of funds, provides farm or ranch workers assistance with on the job training assistance, job search/placement assistance;financial support for education training and job placement;emergency financial services such as, but not limited to rental assistance and transportation costs, daycare expenses, tools, uniforms.

Teachwell Solutions
715 E. 14th Street, Sioux Falls, SD 57104
Website: http://teachwell.org    Email: info@teachwellsolutions.org
Hours: 7:30am - 4:00pm (CT), Monday - Friday
Phone: (605) 367-7680
Eligibility: Referral required
Provides employment and independent living skills to young adults, ages 18-21, with disabilities who require assistance and support while pursuing transition goals and objectives. Job and Career Development - offers a number of supports to career-bound high school students and adults seeking employment.

Service to the Blind and Visually Impaired - Sioux Falls offered at South Dakota Department of Human Services
811 E. 10th Street, Department 22, Sioux Falls, SD 57103
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 367-5330
Eligibility: Must be blind or visually impaired and want to obtain or retain employment.
State agency that works with individuals who are blind and or visually impaired in the area of employment and independent living. Services are available if applicants meet eligibility criteria, some services are based on economic need.

Feel free to share this information, we ask that you credit the Helpline Center as your source.
**Liaison Services offered at South Dakota Network Against Family Violence and Sexual Assault**

2520 E. River Ridge Place, Suite 200, Sioux Falls, SD 57103  
**Hours:** Call for information  
**Phone:** (800) 670-3989  
**Eligibility:** Individuals with a disability, who have been sexually assaulted  
**Types of services provided:**  
- Case management  
- Civil legal advocacy (protection orders, accompanying to court hearings)  
- Civil legal assistance (provided by attorney or paralegal)  
- Criminal justice advocacy/ court accompanying  
- Crisis intervention  
- Employment assistance (job training, coaching, supported or sheltered employment)  
- Forensic exam assistance (provided by nurse or forensic examiner)  
- Hospital/clinic accompanying  
- Language services (interpreters and translators)  
- Long term Care (assist with connecting to services for daily needs)  
- Peer Support connections  
- Personal Planning (assist victim/survivor with goal-setting and develop plans to accomplish)  
- Respite (connect to short term care to victim/survivor to relieve primary caregiver)  
- Transportation  
- Victim/Survivor advocacy (actions designed to assist victim/survivor in obtaining support, resources or services, including housing, employment shelter services, health care, victim’s compensation, etc.)

**Career Launch SD offered at South Dakota Department of Labor and Regulation**

123 W. Missouri Avenue, Pierre, SD 57501  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 773-3681  
**Eligibility:** High school students and youth ages 14-24  
Helps youth ages 14-24 explore education and career options.

**National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation**

221 S. Central Avenue, Suite #33, Pierre, SD 57501  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 494-3608  
**Eligibility:** Individuals and families who have done any farm or ranch work in the last 2 years  
Depending upon availability of funds, provides farm or ranch workers assistance with on the job training assistance, job search/placement assistance; financial support for education training and job placement; emergency financial services such as, but not limited to rental assistance and transportation costs, daycare expenses, tools, uniforms.

**National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation**

730 E. Watertown Street, Rapid City, SD 57701  
**Hours:** 7:30am - 4:00pm (MT), Monday - Friday  
**Phone:** (605) 394-5120  
**Eligibility:** Individuals and families who have done any farm or ranch work in the last 2 years  
Depending upon availability of funds, provides farm or ranch workers assistance with on the job training assistance, job search/placement assistance; financial support for education training and job placement; emergency financial services such as, but not limited to rental assistance and transportation costs, daycare expenses, tools, uniforms.

**Liaison Services offered at South Dakota Network Against Family Violence and Sexual Assault**

816 6th Street, Suite 100, Rapid City, SD 57701  
**Hours:** 24 hours a day / 7 days a week  
**Phone:** (800) 670-3989  
**Eligibility:** Individuals with a disability, who have been sexually assaulted
Types of services provided:
- Case management
- Civil legal advocacy (protection orders, accompanying to court hearings)
- Civil legal assistance (provided by attorney or paralegal)
- Criminal justice advocacy/ court accompanying
- Crisis intervention
- Employment assistance (job training, coaching, supported or sheltered employment)
- Forensic exam assistance (provided by nurse or forensic examiner)
- Hospital/clinic accompanying
- Language services (interpreters and translators)
- Long term Care (assist with connecting to services for daily needs)
- Peer Support connections
- Personal Planning (assist victim/survivor with goal-setting and develop plans to accomplish)
- Respite (connect to short term care to victim/survivor to relieve primary caregiver)
- Transportation
- Victim/Survivor advocacy (actions designed to assist victim/survivor in obtaining support, resources or services, including housing, employment shelter services, health care, victim's compensation, etc.)

South Dakota Army National Guard Education Service Specialist offered at South Dakota Department of the Military
2823 W. Main Street, Rapid City, SD 57702
Hours: 9:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 737-6520
Eligibility: Visit a recruiter for specific requirements for enlistment and benefits
Assists Guard members with higher education planning, preparation and funding.

Educational Counseling offered at SeekLearnGrow
3011 Stockade Drive, Rapid City, SD 57702
Website: www.seeklearngrow.org     Email: Info@SeekLearnGrow.org
Hours: Virtual office. Will meet by appointment or will communicate by phone or email.
Phone: (605) 939-0396
Eligibility: Our services are open primarily to adult students, military families and former foster children.
Free educational counseling to include document retrieval, career and school research, access to testing and tutoring, help with financial aid, mentors, and community resources.

Senior Community Service Employment Program offered at National Indian Council on Aging
8500 Menual Boulevard N.E., Albuquerque, NM 87112
Hours: Call for information.
Phone: (505) 292-2001
Eligibility: Low income people aged 55 and older
The Senior Community Service Employment Program (SCSEP) at NICOA (National Indian Council on Aging) serves elderly, low-income people by building their job skills, work experience, confidence, financial security, and wellbeing.
Helps elders find work, develop new skills, new talents, and earn income by participating in our on-the-job training and employment program.

Family/Parenting/Child Care

Pregnancy Services offered at Option 1
103 22nd Avenue, Brookings, SD 57006
Website: http://option1.org/     Email: info@option1.org
Hours: 12:00noon - 4:00pm (CT), Monday, Wednesday 6:00pm - 8:00pm (CT) Thursday
Phone: (605) 692-1600  
Eligibility: Expecting women and men  
Offers 1. Empowerment through education, 2. Immediate access to licensed medical staff and 3. Safe, confidential, no-cost services.

**Hot Meal offered at Harvest Table**  
625 5th Street, Brookings, SD 57006  
**Email:** brookingsharvesttable@gmail.com  
**Hours:** Meal: 5:30pm - 6:30pm (CT), most Mondays (except major holidays)  
Office hours: 8:30am - 4:30pm (CT), Monday - Thursday 8:30am - 12:00noon (CT), Friday  
**Phone:** (605) 692-4345  
**Eligibility:** Open to all  
Provides diapers and baby wipes during a weekly meal served 5:30pm - 6:30pm, Monday (except major holidays).

**Child Seat Distribution Program offered at South Dakota Child Safety Seat Distribution Program**  
1057 8th Street, Pugsley Center, Room 201, Northeast Region Distributing Agency - Child & Family Resource Network, Brookings, SD 57007  
**Website:** [https://dss.sd.gov/childcare/childsafetyseat/](https://dss.sd.gov/childcare/childsafetyseat/)  
**Email:** sdsu.frn@sdstate.edu  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 688-5730  
**Eligibility:** Family must participate in an income eligible program such as WIC, CHIP, Medicaid, SNAP, Head Start, or Child Care Assistance  
Call for distribution agency locations and times. Keeping children safe by providing child safety seats at no cost to families that meet income eligibility requirements to ensure that they are in the best child seat for their height and weight until they are at least 4’9. At 4’9, most children can safely wear a seat belt.

**DSS Child Care Services offered at South Dakota Department of Social Services**  
1310 Main Avenue S., Suite 101, Brookings, SD 57006  
**Website:** [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)  
**Email:** DSSRegion6EA@state.sd.us  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 688-4330  
**Eligibility:** Call for information  
Provides financial help for child care costs for families who are working and/or going to school.

**Spanish-Speaking Community Group offered at Bienvenidos a Brookings**  
4026 Willow Lane, Brookings, SD 57006  
**Hours:** Available by appointment  
**Phone:** (605) 691-5808  
**Eligibility:** Open to all; assistance is provided to immigrant families  
Works to bring immigrants, immigrant advocates, and non-immigrant community members together to deepen their relationships and cultural understanding. Nearly all efforts are focused on Latin immigrants.

For immigrant families in need:  
-Can provide food, furniture, school supplies, household items, and diapers  
Also provides:  
-Organizing community English classes and connecting ESL volunteers with new English language learners  
-Networking with immigration service providers in Eastern South Dakota  
-Creating a general referral service for immigrants needing assistance  
-Arranging translation services when needed  
-Assisting families with their efforts to change immigration status  
-Community outreach to educate the non-immigrant community about obstacles immigrants experience in the Brookings area

**Earn While You Learn offered at Alpha Center**  
3405 S. Kiwanis Avenue, Sioux Falls, SD 57105
Offering Pregnancy Tests, Options Consultation, Parenting Resources, Earn While You Learn program, Life Skills Classes, Sexual Integrity Program, Fatherhood and Women's Mentoring programs, Post Abortion Support and STD testing.

DSS Child Care Services offered at South Dakota Department of Social Services
116 E. 11th Avenue, Mitchell, SD 57301
Website: [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)   Email: DSSRegion6EA@state.sd.us
Hours: Call for information
Phone: (605) 995-8000
Eligibility: Call for information
Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services
3113 Spruce Street, Suite 200, Yankton, SD 57078
Website: [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)   Email: DSSRegion7EA@state.sd.us
Hours: 8:00am - 12:00noon;1:00pm - 5:00pm (CT), Monday - Friday
Phone: (605) 688-3030
Eligibility: Call for information
Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services
3401 10th Avenue S.E., Aberdeen, SD 57401
Website: [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)   Email: DSSRegion5EA@state.sd.us
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 626-3160
Eligibility: Call for information
Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services
912 E. Sioux Avenue, Pierre, SD 57501
Website: [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)   Email: DSSRegion3EA@state.sd.us
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 773-3612
Eligibility: Call for information
Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services
221 Mall Drive, Suite 101, Rapid City, SD 57701
Website: [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)   Email: RCCustomersupport@state.sd.us
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 394-2525
Eligibility: Call for information
Provides financial help for child care costs for families who are working and/or going to school.

Vehicle Safety Hotline - National Highway Traffic Safety Administration offered at United States Department of Transportation
1200 New Jersey Avenue, S.E., Washington, DC 20590
Hours: Office Hours: 8:30am - 5:30pm (ET), Monday - Friday (excludes Federal Holidays)
Phone: (888) 327-4236
Eligibility: Open to all
A hotline set up for individuals to report problems regarding auto safety or child safety seats. Information can be obtained about auto safety and auto recalls in the United States.

Financial

Financial and Homebuying Counseling offered at Lutheran Social Services - Northeast Region
752 22nd Avenue, Brookings, SD 57006
Website: https://lsssd.org/what-we-do/center-for-financial-resources/ Email: cccs@lsssd.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday, or by appointment
Phone: (888) 258-2227
Eligibility: Open to anyone seeking help with personal finance issues.
Provides financial counseling and education, homeownership counseling and education, debt management plans, bankruptcy counseling, and the Sharpen Your Financial Focus program.

My Neighbor
No Physical Address, Brookings, SD 57006
Website: www.myneighborbrookings.net Email: info@myneighborbrookings.net
Hours: This is a fully remote organization, the website is available 24 hours a day / 7 days a week for a requester to fill out the online request form.
Phone: (605) 691-3225
Eligibility: Must live and work in Brookings. Must demonstrate current employment or very recent history of self-sufficiency through employment.
A community information and referral program that may be able to assist with rent, deposit, utilities, daycare, small car repairs, car payments (if employed), small health care needs, and Salvation Army vouchers.

Human Services Office offered at Brookings County
520 3rd Street, Suite 330, SUITE 220, Brookings, SD 57006
Website: www.brookingscountysd.gov Email: BCHS@brookingscountysd.gov
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 696-8261
Eligibility: Must reside in Brookings County.
Provides emergency assistance with rent, utilities, prescriptions, medical expenses, transportation, and county burials as a last resort.

Emergency Services offered at Salvation Army Brookings, The
619 5th Avenue, Suite 4B, Brookings, SD 57006
Website: www.salarmybrookings.org Email: salarmybrookings@usc.salvationarmy.org
Hours: 12:00noon - 4:00pm (CT), Monday - Friday Residents can call and schedule appointments outside of office hours.
Phone: (605) 692-8863
Eligibility: Open to all
Provides rent assistance for eviction notices, utility assistance for disconnect notices, transportation help for medical reasons or stranded motorists, emergency hotel stays, prescription assistance, and disaster assistance such as in the event of a house fire or flood. After hours call non-emergency dispatch at (605) 692-2113.

Emergency Services offered at Inter-Lakes Community Action Partnership
415 8th Street S., Brookings, SD 57006
Hours: 10:00am - 5:00pm (CT), Monday, Tuesday, Thursday, and Friday 10:00am - 4:30pm (CT), Wednesday
Phone: (605) 692-6391
Eligibility: Vary by program
Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.
Housing Services offered at Inter-Lakes Community Action Partnership
415 8th Street S., Brookings, SD 57006
Hours: 12:00noon - 5:00pm (CT), Monday - Thursday Walk-ins only accepted on an emergency basis only
Phone: (605) 692-6391
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership
112 E. Pipestone, Flandreau, SD 57028
Hours: Accessible parking and entrance.
Phone: (605) 997-2824
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership
111 N. Van Eps Avenue, Madison, SD 57042
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (605) 256-6518
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership
408 4th Street W., Deuel County Courthouse, Clear Lake, SD 57226
Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday
Phone: (605) 874-2062
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership
300 4th Street, Hamlin County Courthouse, Hayti, SD 57241
Hours: 8:00am - 5:00pm (CT), Tuesday 8:00am - 12:00noon (CT), Friday
Phone: (605) 783-3867
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership
202 2nd Street S.W., Kingsbury County Courthouse, Upper Level, De Smet, SD 57231
Hours: 8:00am - 10:30am;2:00pm - 5:00pm (CT), Monday - Thursday 8:00am - 10:30am (CT), Friday
Phone: (605) 854-3701
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership
108 E. Highway 34, Howard, SD 57349
Hours: Vary; call for information.
Phone: (605) 772-5712  
Eligibility: Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Services offered at Inter-Lakes Community Action Partnership**  
7 8th Avenue S.E., Watertown, SD 57201  
**Hours:** 8:00am - 4:30pm (CT), Monday - Thursday Must call for an appointment  
**Phone:** (605) 886-7674  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Services offered at Inter-Lakes Community Action Partnership**  
130 W. Essex Avenue, McCook County Courthouse, Main Level, Salem, SD 57058  
**Hours:** 8:00am - 4:30pm (CT), Monday and Wednesday  
**Phone:** (605) 425-2271  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Services offered at Inter-Lakes Community Action Partnership**  
409 N. Western Avenue, Sioux Falls, SD 57104  
**Hours:** 8:00am - 4:30pm (CT), Monday - Friday (office closed from 12:00noon - 1:00pm) *COVID info below  
**Phone:** (605) 334-2808 Ext. 0  
**Eligibility:** Vary by program  
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Sioux Empire Housing Partnership, Inc.**  
200 N. Phillips Avenue, Suite 200, Suite 200, Sioux Falls, SD 57104  
**Website:** [http://siouxempirehousing.org](http://siouxempirehousing.org)  
**Email:** sehp@siouxfalls.com  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday Evening sessions and Saturday classes available once a month  
**Phone:** (605) 339-0942  
**Eligibility:** Individuals interested in homeownership or rental education, financial literacy and establishing or rebuilding credit. Youth seeking financial literacy.  
Sioux Empire Housing Partnership (SEHP) offers housing education programs, such as Homebuyer & Rental Education, Financial Literacy and Debt Management, and Credit Review Services.

**Tri-State HELP offered at Sioux Falls Housing and Redevelopment Commission**  
630 S. Minnesota Avenue, Sioux Falls, SD 57104  
**Website:** [www.siouxfallshousing.org](http://www.siouxfallshousing.org)  
**Email:** sfhrc@siouxfallshousing.org  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 332-0704  
**Eligibility:** Serves persons who are diagnosed with HIV/AIDS and meet income limitations. Provides short or long term rental assistance and mortgage payment assistance to persons who are diagnosed with HIV/AIDS and meet income limitations.

**SD Cares Rental Assistance Program offered at South Dakota Housing Development Authority**  
No Physical Address, Sioux Falls, SD 57105  
**Hours:** Applications currently being accepted.  
**Eligibility:** Must be a renter; Have income at or below 80% of AMI for respective county; Owe past due rent or utilities or unable to pay current expenses.
Provides rental and utility assistance. Assistance provided is not a loan and does not have to be paid back. Online only application - fill this out first.

**Center for Financial Resources offered at Lutheran Social Services - Statewide**
705 E. 41st Street, Suite 100, Sioux Falls, SD 57105
Website: https://lsssd.org/what-we-do/center-for-financial-resources/
Email: info@lsssd.org
Hours: 8:00am - 7:00pm (CT), Monday, Tuesday, Thursday 8:00am - 5:00pm (CT), Wednesday, Friday Occasionally Saturday - Call for information
Phone: (605) 330-2700
Eligibility: Open to anyone seeking help with personal finance issues, including debt management.
Provides financial counseling and education, homeownership counseling and education, debt management plans, bankruptcy counseling, and the Sharpen Your Financial Focus program.

**Housing Services offered at Inter-Lakes Community Action Partnership**
116 N. Commercial Street, Clark, SD 57225
Hours: 11:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 532-3722
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Services offered at Inter-Lakes Community Action Partnership**
210 E. 5th Avenue, County Courthouse, Milbank, SD 57252
Hours: 8:00am - 5:00pm (CT), Monday - Friday Call to schedule an appointment
Phone: (605) 432-6571
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Services offered at Inter-Lakes Community Action Partnership**
400 S. Main Avenue, Turner County Courthouse, Lower Level, Parker, SD 57053
Hours: 8:00am - 4:00pm (CT), Tuesday 8:00am - 4:30pm (CT), Thursday
Phone: (605) 256-6518
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Services offered at Inter-Lakes Community Action Partnership**
104 N. Main Street, Suite 140, Canton, SD 57013
Hours: 8:00am - 4:00pm (CT), Monday
Phone: (605) 940-1909
Eligibility: Vary by program
Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

**Housing Programs offered at GROW South Dakota**
104 Ash Street E., Sisseton, SD 57262
Website: www.growsd.org
Email: info@growsd.org
Hours: 8:00am - 4:30pm (CT), Monday - Friday (summer hours may vary)
Phone: (605) 698-7654
Eligibility: All programs have varying income guidelines, service areas and eligibility restrictions. Availability and sources of funds may vary.
Home ownership preparation services and Home Buyer Education classes. For eligible individuals/families, down payment/closing cost assistance or low-cost loans for purchasing a home or home improvements may be available.
Small Business Assistance offered at Four Bands Community Fund, Inc.
412 S. Main Street, Eagle Butte, SD 57625
Website: www.fourbands.org   Email: info@fourbands.org
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 964-3687
Eligibility: Open to all potential and existing Native American owned businesses in South Dakota
Provides the following services to all potential and existing Native American owned businesses in South Dakota:
- Business training/coaching - to help clients enhance business skills and become business owners
- Financial empowerment coaching - to help clients improve financial skills and become better stewards of money
- Lending - up to $400,000 for businesses, including agriculture

Bankruptcy Advice Helpline offered at CareConnect USA
2019 Sandy Pond Lane, Waxhaw, NC 28173
Website: http://careconnectusa.org/free-bankruptcy-advice/   Email: info@careconnectusa.org
Hours: 9:00am - 8:00pm (ET), Monday - Friday
Phone: (800) 379-0985
Eligibility: Must have burdensome debt without ability to pay it back in a timely manner.
Free Bankruptcy Advice Hotline (800) 379-0985.

Debt Counseling Helpline offered at CareConnect USA
2019 Sandy Pond Lane, Waxhaw, NC 28173
Website: https://careconnectusa.org/debt-relief-help-line/   Email: info@careconnectusa.org
Hours: 9:00am - 6:00pm (ET), Monday - Friday
Phone: (800) 453-1738
Eligibility: Must have unsecured (credit card) debt and a willingness to receive counseling.
Debt Relief Helpline (800) 453-1738.

Private Student Loan Relief Helpline offered at CareConnect USA
2019 Sandy Pond Lane, Waxhaw, NC 28173
Website: careconnectusa.org/private-student-loan-relief   Email: info@careconnectusa.org
Hours: 8:00am - 5:00pm (ET), Monday - Friday
Phone: (888) 669-1064
Eligibility: Open to student loan borrowers who have private loans through a bank or credit union.
Helpline for student loan borrowers who have a private loan from a bank or credit union. This helpline discusses options for payment reductions and catching up missed loan payments. Options include settling previous debts and issuing a new loan with low interest rate.

Food

Senior Services offered at Inter-Lakes Community Action Partnership
519 Heritage Drive, Heritage Apartments, Brookings, SD 57006
Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday
Phone: (605) 692-1407
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.
Senior Services offered at Inter-Lakes Community Action Partnership
402 7th Avenue S., Sunchase Apartments, Brookings, SD 57006
**Hours:** Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday
**Phone:** (605) 692-1407
**Eligibility:** Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Food Program offered at Feeding Brookings
2030 3rd Street, Distribution Site: Ascension Lutheran Church, Brookings, SD 57006
**Website:** [www.feedingbrookings.org](http://www.feedingbrookings.org)  **Email:** feedingbrookings@brookings.net
**Hours:** Distribution: 4:00pm - 5:00pm (CT), Thursday
**Phone:** (605) 692-6565
**Eligibility:** All in need are welcome. Income guidelines must be met to receive some of the TEFAP food items but there is still other food to give to all who come.
Provides meat, tuna, eggs, milk, produce, bakery items, canned goods, other non-perishable foods and hygiene supplies.
4:00pm - 5:00pm, every Thursday

Senior Services offered at Inter-Lakes Community Action Partnership
300 22nd Avenue, Brookings Health System, Brookings, SD 57006
**Hours:** Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday
**Phone:** (605) 692-1407
**Eligibility:** Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
320 5th Avenue, Brookings Activity Center, Brookings, SD 57006
**Hours:** Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday
**Phone:** (605) 692-1407
**Eligibility:** Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
913 Onaka Trail, Arrowhead Apartments, Brookings, SD 57006
**Hours:** Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday
**Phone:** (605) 692-1407
**Eligibility:** Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.
Food Pantry offered at Council for Emergency Services
908 Hope Drive, Brookings, SD 57006
Website: www.brookingscountylfoodpantry.weebly.com  Email: bkfoodpantry@swiftel.net
Hours: 1:00pm - 4:30pm (CT), Monday, Wednesday, Friday
Phone: (605) 692-5007
Eligibility: Open to all
Distributes food 1:00pm - 4:30pm, Monday, Wednesday, and Friday. Bring valid picture ID and proof of current address.

Backpack Program offered at Brookings Backpack Project
908 Hope Drive, Brookings, SD 57006
Website: www.brookingsbackpackproject.org/  Email: volunteersbbp@gmail.com
Hours: Summer distribution: 12:00noon - 6:30pm (CT), Thursday School year distribution: 12:00noon - 3:00pm (CT), Friday
Phone: (605) 651-3900
Eligibility: Children, Head Start through 12th Grade, Family
Assists children and youth in Brookings County who may not have food on the weekends by providing easy-to-prepare meals and snacks throughout the school year and summer months. No financial guidelines to provide and all ages from Head Start through Senior High are eligible. Food is distributed through the schools on Fridays and is available for pick up in the summer.

Senior Services offered at Inter-Lakes Community Action Partnership
601 Samara Avenue, Westside Apartments, Volga, SD 57071
Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday
Phone: (605) 692-1407
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
919 Jay Street, The Ridge, Bruce, SD 57220
Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday
Phone: (605) 692-1407
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
100 1st Street, Mortland's Burgers and More, Elkton, SD 57026
Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday
Phone: (605) 692-1407
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
102 E. 2nd Avenue, Hunkake Cafe, Flandreau, SD 57028
Hours: 8:00am - 4:00pm (CT), Monday, Wednesday and Thursday
Phone: (605) 997-2824
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.
Senior Services offered at Inter-Lakes Community Action Partnership
611 E. 2nd Avenue, Riverview Health Care, Flandreau, SD 57028
Hours: 8:00am - 4:00pm (CT), Monday, Wednesday and Thursday
Phone: (605) 997-2824
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
300 E. Elm Avenue, Four Wind Apartments, Flandreau, SD 57028
Hours: 8:00am - 4:00pm (CT), Monday, Wednesday and Thursday
Phone: (605) 997-2824
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
407 Bill Davis Street #34, BlueJays C-Store, Egan, SD 57024
Hours: 8:00am - 4:00pm (CT), Monday, Wednesday and Thursday
Phone: (605) 997-2824
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
111 Washington Avenue W., Lake View Tower Apartments, Madison, SD 57042
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (605) 256-6518
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
111 N. Van Eps Avenue, Project Office Location, Madison, SD 57042
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (605) 256-6518
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
219 S.W. 8th Street, Prairie View Apartments, Madison, SD 57042
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (605) 256-6518
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.
Senior Services offered at Inter-Lakes Community Action Partnership
511 Main Street, The Bullpen, Lake Norden, SD 57248
Hours: 8:00am - 5:00pm (CT), Tuesday 8:00am - 12noon (CT), Friday
Phone: (605) 783-3867
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
105 Main Street, Ships Inn Bar and Grill, Castlewood, SD 57223
Hours: 8:00am - 5:00pm (CT), Tuesday 8:00am - 12noon (CT), Friday
Phone: (605) 783-3867
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
406 3rd Avenue S., Pizza and Burger Shack, Clear Lake, SD 57226
Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday
Phone: (605) 874-2062
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
213 3rd Avenue S., August 17th Gourmet Coffee and Sandwich Shoppe, Clear Lake, SD 57226
Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday
Phone: (605) 874-2062
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
219 1st Avenue, The Alibi, Gary, SD 57237
Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday
Phone: (605) 874-2062
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
127 Calumet Avenue S.W., Wards Store and Bakery, De Smet, SD 57231
Hours: 8:00am - 10:30am; 2:00pm - 5:00pm (CT), Monday - Thursday 8:00am - 10:30am (CT), Friday
Phone: (605) 854-3701
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.
Senior Services offered at Inter-Lakes Community Action Partnership  
300 W. Hazel Avenue, Good Samaritan Center, Howard, SD 57349  
Hours: Vary; call for information.  
Phone: (605) 772-5712  
Eligibility: Anyone 60 years or older  
60’s + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership  
108 E. Highway 34, Nearly New Store, Howard, SD 57349  
Hours: Vary; call for information.  
Phone: (605) 772-5712  
Eligibility: Anyone 60 years or older  
60’s + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership  
1320 9th Avenue S.E., Hy-Vee, Watertown, SD 57201  
Hours: 8:00am - 4:30pm (CT), Monday - Thursday  
Phone: (605) 886-7674  
Eligibility: Anyone 60 years or older  
60’s + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership  
1007 9th Avenue S.W., The Roadhouse Cafe, Watertown, SD 57201  
Hours: 8:00am - 4:30pm (CT), Monday - Thursday  
Phone: (605) 886-7674  
Eligibility: Anyone 60 years or older  
60’s + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership  
215 S. Maple, Town View Apartments, Watertown, SD 57201  
Hours: 8:00am - 4:30pm (CT), Monday - Thursday  
Phone: (605) 886-7674  
Eligibility: Anyone 60 years or older  
60’s + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership  
301 E. Kemp, Watertown Senior Center, Watertown, SD 57201  
Hours: 8:00am - 4:30pm (CT), Monday - Thursday  
Phone: (605) 886-7674  
Eligibility: Anyone 60 years or older  
60’s + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.
Senior Services offered at Inter-Lakes Community Action Partnership
6 1st Street S.W., Highrise Apartments, Watertown, SD 57201
Hours: 8:00am - 4:30pm (CT), Monday - Thursday
Phone: (605) 886-7674
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
17 1st Street S.W., Towers Apartment, Watertown, SD 57201
Hours: 8:00am - 4:30pm (CT), Monday - Thursday
Phone: (605) 886-7674
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
113 Main Street, Animal's Bar and Grill, Canova, SD 57321
Hours: Vary; call for information.
Phone: (605) 772-5712
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
131 Main Street W., Prairie Inn, Carthage, SD 57323
Hours: Vary; call for information.
Phone: (605) 772-5712
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
221 Garfield Avenue, The Rusty Nail, Willow Lake, SD 57278
Hours: 11:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 854-3701
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
109 Main Street, Labolt Mini Mall, Labolt, SD 57246
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 882-2166
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.
Statewide Mobile Food Distribution Program offered at Feeding South Dakota
Sioux Falls, SD 57105
Website: www.feedingsouthdakota.org/mobile  Email: info@feedingsouthdakota.org
Hours: Find locations and schedules on website.
Phone: (605) 335-0364
Eligibility: When picking up food, guests will be asked to register their household and self-declare their income. Distributes free food to individuals and families. Visit website to see list of location dates/times in your area.

Senior Services offered at Inter-Lakes Community Action Partnership
123 S. Main Street, Ruger's General Store, Strandburg, SD 57265
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 432-6571
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
202 N. Main Street, Alice's Restaurant, Stockholm, SD 57264
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 432-6571
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
100 N. Commercial Street, Corner Diner, Clark, SD 57225
Hours: 11:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 854-3701
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
121 1st E. Avenue, Heather's Bistro, Clark, SD 57225
Hours: 11:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 854-3701
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
524 415th Avenue, Carpenter Cafe, Carpenter, SD 57322
Hours: 11:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 854-3701
Eligibility: Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.
Senior Services offered at Inter-Lakes Community Action Partnership
204 S. 4th Street, Columbus Heights Apartments, Milbank, SD 57252
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
**Phone:** (605) 432-6571
**Eligibility:** Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
103 N. Viola Street, St. William’s Care Center, Milbank, SD 57252
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
**Phone:** (605) 432-6571
**Eligibility:** Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership
16 W. Williams Street, Hazel Community Cafe, Hazel, SD 57242
**Hours:** 8:00am - 5:00pm (CT), Tuesday 8:00am - 12:00noon (CT), Friday
**Phone:** (605) 783-3867
**Eligibility:** Anyone 60 years or older
60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

The Dysphagia Outreach Project offered at Dysphagia Outreach Project, The
300 W. Carolina Avenue, Suite 9, Ruston, LA 71270
**Website:** [www.dysphagiaoutreach.org](http://www.dysphagiaoutreach.org) **Email:** team@dysphagiaoutreach.org
**Hours:** Online database; monitored daily
**Eligibility:** For individuals diagnosed with dysphagia and their caregivers. Collects and distributes dysphagia supplies to individuals in need, establishes a dysphagia awareness advocacy program, provide education services relating to appropriate prescription and use of dysphagia supplies, and assist in establishing a network of interconnected dysphagia support groups across the country.

Cooked Meals offered at Lasagna Love
Williamstown, MA 1267
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
**Eligibility:** Open to all
Provides 1 cooked meal per month for families in need; also delivers the meal. Currently, serving South Dakota.
- Please note: there may be a 1 - 7 week wait for the meal delivery.
- Practices contactless delivery
It may be possible to cater to families with dietary restrictions and meals are not limited to just lasagnas; other dishes may be available.
To request a meal delivery: sign up here. ([www.lasagnalove.org/request](http://www.lasagnalove.org/request))

Clothing
Thrift Store offered at Goodwill of the Great Plains
625 Main Avenue, Brookings, SD 57006
**Hours:** 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday
**Phone:** (605) 692-2085
**Eligibility:** Open to all
Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Shoe and Mitten Program offered at Goodwill of the Great Plains
625 Main Avenue, Brookings, SD 57006
**Website:** [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)
**Email:** marketing@goodwillgreatplains.org
**Hours:** 4:00pm - 6:00pm, Tuesday, December 12, 2023
**Phone:** (605) 692-2085
**Eligibility:** Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Ivy Closet offered at Brookings Behavioral Health & Wellness
211 4th Street, The Ivy Center, Brookings, SD 57006
**Website:** [www.brookingsivycenter.org](http://www.brookingsivycenter.org)
**Email:** info@brookingsivycenter.org
**Hours:** Office hours: 8:00am - 5:00pm (CT), Monday - Friday Crisis Services Available 24 hours a day / 7 days a week
**Phone:** (605) 697-2850
**Eligibility:** Open to Brookings County residents;once every 3 months
The Ivy Closet is a free resource open to Brookings County residents. Individuals must schedule an appointment with a Systems of Care Coordinator or Case Manager and complete a short intake form prior to receiving donations from the Ivy Closet.

Thrift Store offered at Encore Family Store
209 S. Egan Avenue, Madison, SD 57042
**Hours:** 10:00am - 6:00pm (CT), Tuesday - Friday 10:00am - 3:00pm (CT), Saturday
**Phone:** (605) 556-3100
**Eligibility:** Open to all
Offers low cost clothing, furniture, and household items. Vouchers may be available from ICAP.

Shoe and Mitten Program offered at Goodwill of the Great Plains
2318 9th Avenue S.E., Watertown, SD 57201
**Website:** [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)
**Email:** marketing@goodwillgreatplains.org
**Hours:** 5:30pm - 7:00pm (CT), Monday, December 4, 2023
**Phone:** (605) 886-6379
**Eligibility:** Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
3400 S. Norton Avenue, Sioux Falls, SD 57105
**Website:** [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)
**Email:** marketing@goodwillgreatplains.org
**Hours:** 9:00am - 1:00pm (CT), Saturday, December 16, 2023
**Phone:** (605) 731-1930
**Eligibility:** Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.
Shoe and Mitten Program offered at Goodwill of the Great Plains
1415 W. Haven, Unit 6, Mitchell, SD 57301
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  Email: marketing@goodwillgreatplains.org
Hours: 2:00pm - 4:00pm (CT), Saturday, December 9, 2023
Phone: (605) 996-3640
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
2508 Fox Run Parkway, Yankton, SD 57078
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  Email: marketing@goodwillgreatplains.org
Hours: 12:00noon - 3:00pm (CT), Sunday, December 10, 2023
Phone: (605) 665-8847
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
424 S. Brown County Highway 19, Aberdeen, SD 57401
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  Email: marketing@goodwillgreatplains.org
Hours: 4:30pm - 6:30pm (CT), Thursday, December 8, 2023
Phone: (605) 225-0822
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
1902 Eastgate Avenue, Pierre, SD 57501
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  Email: marketing@goodwillgreatplains.org
Hours: 4:00pm - 6:00pm (CT), Wednesday, December 6, 2023
Phone: (605) 494-3033
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains
611 Lindbergh Avenue, Rapid City, SD 57701
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  Email: marketing@goodwillgreatplains.org
Hours: 9:00am - 1:00pm (MT), Saturday, December 2, 2023
Phone: (605) 737-3955
Eligibility: Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.
Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.
Crisis Hotline and Emergency Shelter offered at Brookings Domestic Abuse Shelter
807 Onaka Trail, Brookings, SD 57006
Website: https://brookingsdomesticabuseshelters.sd.weebly.com Email: domestic@brookingsshelter.com
Hours: 24 hours a day / 7 days a week
Phone: (605) 692-7233
Eligibility: Battered Person / Sexual Assault Victim / Stalking Victim Residency of Brookings County is not required.
A 24-hour crisis program for victims of domestic abuse, sexual assault, and stalking. Services include crisis hotline, emergency shelter, support group, safety planning, crisis intervention, supportive listening, civil/legal assistance with protection orders, referral services, and limited financial assistance.

Arise Youth Center East offered at Lutheran Social Services - Southeast Region
621 E. Presentation Street, Sioux Falls, SD 57104
Website: https://lsssd.org/what-we-do/detention-alternatives/ Email: info@lsssd.org
Hours: 24 hours a day / 7 days a week
Phone: (605) 221-2346
Eligibility: Children aged 10-17
Temporary care alternative for youth, services include identifying assistance programs and court system collaboration.

South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority
505 N. Western Avenue, Inter-Lakes Community Action Partnership, Sioux Falls, SD 57104
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (605) 334-2808
Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources
A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.

Domestic Violence Hotline for South Dakota
No Physical Address, Sioux Falls, SD 57105
Hours: 24 hours a day / 7 days a week
Phone: (800) 430-7233
Eligibility: Open to anyone in a domestic violence situation, friends, or concerned loved ones
Provides support and crisis intervention 24 hours a day / 7 days a week.

Axis180 offered at Volunteers of America, Dakotas
3201 S. Theodore Avenue, Sioux Falls, SD 57106
Website: www.voa-dakotas.org Email: axis180@voa-dakotas.org
Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 366-7803
Eligibility: Homeless youth ages 16 - 21
Provides shelter, case management, life skills, and education services to young people ages 16 to 21, who are preparing for independent living. The program provides young people with a safe, supportive environment while they learn the skills necessary to succeed on their own.

Youth Residential Treatment Center offered at Lutheran Social Services - Northeast Region
1601 Milwaukee Avenue N.E., New Beginnings Center, Aberdeen, SD 57401
Website: https://lsssd.org/what-we-do/residential-services-for-children-youth/ Email: info@lsssd.org
Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential services: 24 hours a day / 7 days a week
Phone: (605) 262-5300
Eligibility: Boys and girls 10-17 years
Serves youth who need emergency shelter, transitional care, and long-term group care with a co-educational group home serving youth, ages 10-17, with behavioral, emotional, and educational challenges.
Maggie’s House
15 Wasuya Avenue, Kyle, SD 57752
Email: maggieshousetlp@gmail.com
Hours: 24 hours a day / 7 days a week
Phone: (605) 455-1214
Eligibility: Ages 17 - 21
Provides a safe and stable environment enriched with culturally appropriate and evidence based services to youth aging out of foster care, trafficked, homeless, parenting teens, and young adults ages 17-21.

National Runaway Safeline
3141 B N. Lincoln Avenue, Chicago, IL 60657
Website: www.1800RUNAWAY.org Email: info@1800runaway.org
Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday Hotline hours: 24 hours a day / 7 days a week / 365 days a year
Phone: (800) 786-2929
Eligibility: Youth 21 years of age and under and families
Confidential, 24/7 crisis intervention for runaway and homeless youth and their families via phone, chat, email, and bulletin board. Referrals, conference calling with a parent upon youth’s request, conflict mediation, and information hotline. Free bus tickets home to family or shelter for qualified youth ages 12-21. Call 1-800-RUNAWAY (786-2929) or visit www.1800runaway.org

Housing

Teen Challenge of the Dakotas
600 W. 16th Avenue S., Brookings, SD 57006
Hours: Office hours: 8:30am - 5:00pm (CT), Monday - Friday
Phone: (605) 693-9753
Eligibility: Men, 18 years and older with life controlling problems such as addictions
A residential, Christian discipleship program utilizing biblical principles including faith and genuine repentance to help men (18 years and older) overcome life-controlling problems such as addictions.

Housing Authority offered at Brookings Housing Authority
1310 Main Avenue S., Suite 106, Brookings, SD 57006
Website: www.brookingscountysd.gov Email: sdbhrc@brookings.net
Hours: 8:00am - 5:00pm (CT), Monday - Thursday
Phone: (605) 692-1670
Eligibility: Open to all
Provides housing rental assistance to low income families. Preference is given to elderly, disabled, and those experiencing domestic violence situations. Family Self-Sufficiency Program available to families that participate in the Section 8 Voucher Program.

Volga Housing and Redevelopment
601 Samara Avenue, Volga, SD 57071
Email: aglovjl@itctel.com
Hours: 9:00am - 11:00am (CT), Monday - Friday
Phone: (605) 627-5249
Eligibility: Income guidelines, call for information.
HUD low income house. Rent dependent upon income.

Serenity Hills offered at Human Service Agency
1526 Highway 20 N.W., Watertown, SD 57201
Serenity Hills offers 3 distinct programs:
- social setting detoxification
- halfway house
- safe rooms (Individuals having thoughts of suicide can stay for up to 5 days until they can be evaluated)

Combines a strong AA 12-step philosophy with a multi-disciplinary team approach, including professional psychiatric and psychological care.

**Marissa's Project offered at Call to Freedom**
Sioux Falls, SD 57104
Website: [www.calltofreedom.org](http://www.calltofreedom.org)    Email: info@calltofreedom.org
Hours: Call for information.
Phone: (605) 281-1880
Eligibility: Women 18+ and their children (call for age specific information) (Victims/Survivors of Human Trafficking and sexual exploitation)

Call to Freedom provides victim-centered responsive services to those who have experienced sexual exploitation and human trafficking. Our Vision is to create a cohesive community model of care and support for victims, bringing communities together while educating and advocating to stop human trafficking.

**Kingdom Boundaries Prison Aftercare**
417 S. Summit Avenue, Sioux Falls, SD 57104
Hours: 6:00am - 6:00pm (CT), Monday - Friday
Phone: (605) 695-0048
Eligibility: Can only house male ex-offenders.
Transitional housing for up to 20 males. Program also helps anyone re-entering society after incarceration including finding employment, clothes, furniture, etc. (based on what is currently available).

**Glory House Apartments offered at Glory House of Sioux Falls**
1654 W. 51st Street, Sioux Falls, SD 57105
Hours: 8:00am - 4:00pm (CT), Monday - Friday
Phone: 605-271-0838
Eligibility: Open to most; persons with certain criminal charges in history are restricted. Permanent house - individuals are required to be placed on interest list, complete application and sign a lease upon approval.
Drug and alcohol free apartment complex.

**Inpatient Treatment for Women offered at Volunteers of America, Dakotas**
1401 W. 51st Street, Sioux Falls, SD 57105
Website: [www.voa-dakotas.org](http://www.voa-dakotas.org)    Email: info@voa-dakotas.org
Hours: 24 hours a day / 7 days per week
Phone: (605) 357-0982
Eligibility: Pregnant and parenting women aged 18 and older are eligible for the New Start for Women program. Offers substance use evaluations for adolescents and adults. The evaluation is the first step in determining if the individual needs further assistance with their substance use.

**Residential Program offered at Glory House of Sioux Falls**
4000 S. West Avenue, Sioux Falls, SD 57105
Hours: 24 hours a day / 7 days a week
Phone: (605) 332-3273
Eligibility: Adult, employable, eligible according to referral agency criteria, willing to comply with rules and programming. Transitional program provides assistance with employment, money management, recovery from substances, as well as co-occurring conditions assisting the individual in establishing and the continuation of applying these life skills.

HUD South Dakota offered at United States Department of Housing and Urban Development
4301 W. 57th Street, Suite 101, Sioux Falls Field Office, Sioux Falls, SD 57108
Website: www.hud.gov Email: sd_webmanager@hud.gov
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (605) 330-4223
Eligibility: Open to all
Provides information on low income (subsidized) rental units and public housing authorities.

Stepping Stones Rehabilitation Services offered at Dakota Counseling Institute
901 S. Miller, Mitchell, SD 57301
Website: www.dakotacounseling.net Email: info@dakotacounseling.net
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
Phone: (605) 995-8180
Eligibility: Open to all
Provides professional prevention services, education, assessment, intervention, counseling, referral, group and individual therapy, social detoxification, transitional living and continued care for those affected directly or indirectly by mood-altering chemical use or dependency.

Sober Living Services offered at Reflections Recovery Home
110 E. 7th Avenue, Redfield, SD 57469
Website: https://www.reflectionsrecoverysd.com/ Email: reflectionsrecoverysd@gmail.com
Hours: 24 hours a day / 7 days a week
Phone: (605) 460-2444
Eligibility: Men 18 years and older.
A structured sober living home for men centered on residents and providing a healthy environment with shared values of accountability, reflection, growth, and empowerment. With the help of staff, residents encourage each other in long-term sobriety to enable a successful recovery.

Housing Assistance offered at South Dakota Housing Development Authority
3060 E. Elizabeth Street, Pierre, SD 57501
Website: https://www.sdhousing.org/ Email: info@sdhda.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 773-3181
Eligibility: Program guidelines apply
Provides mortgage and down payment assistance, housing construction and rehabilitation, homelessness prevention, and rental assistance.

SD Housing Search offered at South Dakota Housing Development Authority
3060 E. Elizabeth Street, Pierre, SD 57501
Website: www.sdhousingsearch.com Email: info@sdhda.org
Hours: Website: 24 hours a day / 7 days a week
Phone: (605) 773-7603
Eligibility: Open to all
A free housing locator providing information on Section 8 and income based rental units.

Paint South Dakota offered at South Dakota Housing Development Authority
3060 E. Elizabeth Street, Pierre, SD 57501
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 773-7603
Eligibility: The nominee must own and currently live in the home to be painted. It cannot be a business, rental house, units or property used for other purposes besides a primary residence. The nominee must need their home repainted and would otherwise not be able to paint the house due to their financial or physical difficulty. Bringing people together, providing a new coat of paint to a household in need, and helping beautify the community.

A volunteer group nominates the home of someone in the community. Paint and primer are purchased by the organization and reimbursed by SDHDA. The volunteer group is responsible for supplies such as caulk, scrapers, ladders, brushes, and buckets.

If an applicant would like to nominate themselves, they are responsible for finding the volunteers to do the painting.

Treatment Program offered at Rosebud Sioux Tribe
719 Hospital Drive, Alcohol Treatment Center, Rosebud, SD 57570
Website: www.greatplainsbehavioralhealth.org/rosebud-sioux-tribe-alcohol-drug-tr
Hours: 24 hours a day / 7 days a week
Phone: (605) 747-2342
Eligibility: Enrolled member of federally recognized tribe
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.

Full Circle offered at Behavior Management Systems
350 Elk Street, Rapid City, SD 57701
Hours: Full Circle: 24 hours a day / 7 days a week
Phone: (605) 343-7262
Eligibility: Pregnant and parenting women
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).

Residential Treatment Program offered at New Dawn Center
19271 SD Highway 79, Vale, SD 57788
Hours: Facility is open and staffed 24 hours a day / 7 days a week.
Phone: (605) 309-5105
Eligibility: Men who have completed prior treatment programs, or awaiting admittance to treatment facility
Provides transitional, clinically-managed, low-intensity, open-ended residential treatment program. Residents are encouraged to take part in the outdoor operation of the facilities and participate in any of the recreational therapy programs. ASAM level 3.1 transitional substance abuse treatment.

VA Black Hills Health Care System offered at United States Department of Veterans Affairs
500 N. 5th Street, Hot Springs, SD 57747
Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday Urgent Care: 7:00am - 7:00pm (MT), Monday - Friday Nurse Advice Line: evenings, weekends, and holidays Residential care: 24 hours a day / 7 days a week
Phone: (605) 745-2000
Eligibility: Eligible and enrolled Veterans
General medical and surgical, primary, nursing home and rehabilitative care.

Behavioral Health Services include:
-Addictive Disorder Services (ADS) - outpatient and short and long-term residential treatment;transitional residence / halfway house
-Compensated work therapy
-Residential Post Traumatic Stress (PTSD) program
-Mental health intensive case management
-Outpatient psychiatric services
-The Suicide Prevention Coordinator has gun locks available.
USDA - Rural Development Multi-Family Housing Rentals offered at United States Department of Agriculture
No Physical Address, SD
**Hours:** Vary by site, Available online 24 hours a day / 7 days a week
**Phone:** (202) 720-1494
**Eligibility:** Website is open to all
Through the website, people who are looking for low-cost rentals, can find units for rent in rural South Dakota. Search based on county or town. Then, contact the property company regarding how to apply. To find apartments in rural areas: 1. Go to www.rd.usda.gov 2. Scroll down on left hand side, it says, Find Rural Rentals 3. Then click on South Dakota in the map 4. Then, select your County.

Immigration/refugee resources

**Glacial Lakes Multicultural Center, Inc.**
653 W. Kemp, Watertown, SD 57201
[Website: GLMcenter.org](http://GLMcenter.org)  **Email:** bmc-secretary@live.com
**Hours:** 9:00am - 4:30pm (CT), Monday - Friday
**Phone:** (605) 878-2021
**Eligibility:** Open to all immigrants
Teaches English as a Second Language, helps with immigration issues (i.e., DACA renewals), assists with travel to immigration court, extensive Spanish interpretations to medical/dental offices and help with other issues in the community (i.e. employment applications.)

Also, helps with dental expenses and emergency needs for immigrants, as well as finding furniture, outside clothing, household goods for new arrivals.

**Community Interpreter Service offered at Lutheran Social Services - Southeast Region**
300 E. 6th Street, Center for New Americans, Sioux Falls, SD 57104
[Website: https://lsssd.org/what-we-do/center-for-new-americans/](https://lsssd.org/what-we-do/center-for-new-americans/)  **Email:** info@lsssd.org
**Hours:** 24 hours a day / 7 days per week
**Phone:** (605) 731-2010
**Eligibility:** Open to all
Provides interpretation and written translation to the major languages and other minor, regional, or tribal dialects. Able to facilitate on-site interpretation, message relay, conference call, written translation, and video interpretation.

**United States Department of Homeland Security**
245 Murray Lane S.W., Washington, DC 20528
**Hours:** Call for information
**Phone:** (202) 282-8000
**Eligibility:** Open to all
The Department of Homeland Security was formed after the terrorist attacks of September 11, 2001, as part of a national effort to safeguard the United States against terrorism. Missions include:
- Preventing terrorism and enhancing security
- Managing borders
- Administering immigration laws
- Securing cyberspace
- Ensuring disaster resilience

Oversees:
- U.S. Immigration and Customs Enforcement
- U.S. Citizenship and Immigration Services
- Federal Law Enforcement Training Centers
- Federal Protective Services
- U.S. Customs and Border Protection
- Transportation Security Administration (TSA)
- U.S. Coast Guard
- U.S. Secret Service
- Federal Emergency Management Agency (FEMA)

Language Translation Services offered at LanguageLine Solutions
1 Lower Ragsdale Drive, Building 2, Monterey, CA 93940
Website: www.languageline.com   Email: customercare@languageline.com
Hours: 24 hours a day/7 days a week
Phone: (800) 752-6096
Eligibility: Open to all
Provides 24-hour interpreting service as well as translation/localization and video interpreting to over 240 languages.

Mental Health / Substance Abuse

Counseling Services offered at Circle of Encouragement Counseling
1514 12th Street S., 306 4th Street, Suite D, 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.
Provides individual therapy and consultation/training services in the following areas anxiety, behavioral concerns, depression, divorce, grief and loss, life transitions, parenting, school issues, and workplace management. Primary emphasis is working with children, adolescents, and families.

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

Counseling Services offered at New Perspectives Counseling, LLC
1451 6th Street, Brookings, SD 57006
Website: https://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
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. Tele-mental health services are available via Zoom. First session preferably in person.

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
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.

Brookings - Avera Medical Group offered at Avera
400 22nd Avenue, Brookings, SD 57006
Hours: Clinic hours: 8:00am - 5:00pm (CT), Monday - Friday Urgent Care: 5:00pm - 7:00pm (CT), Monday - Friday Urgent Care: 9:00am - 12:00noon (CT), Saturday, Sunday
Phone: (605) 697-9500
Eligibility: Open to all
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: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
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.

NAMI offered at NAMI South Dakota
300 22nd Avenue, Meeting location: Brookings Hospital, private dining room or conference room, Brookings, SD 57006
Hours: Call for information.
Phone: (605) 692-8948
Eligibility: Serves people with mental illness, their families (adult or child), mental health professionals, and the general public
NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neuro-biologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness.

Family-To-Family: Classes are held twice a year usually in Winter/Spring and Fall. Call for information.
Check Facebook page www.facebook.com/namisodak or website for additional programs, times and locations.

Avera Medical Group Behavioral Health Clinic Brookings offered at Avera
1024 6th Street, Suite B, Brookings, SD 57006
Hours: Appointments available as needed, evening hours available.
Phone: (605) 322-4079
Eligibility: Open to all
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.

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

1304 Main Avenue S., Brookings, SD 57006  
**Website:** brookingscounselingsolutions.com  
**Email:** office@srbservice.com  
**Hours:** Generally 8:00am - 5:00pm (CT), Monday - Thursday by appointment only  
**Phone:** (605) 999-6162  
**Eligibility:** Open to all  
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 Sandra Diedrich, MS, LPC-MH**

306 4th Street, Suite G, Brookings, SD 57006  
**Hours:** 8:00am - 6:00pm (CT), Monday, Wednesday 8:00am - 12:00noon (CT), Tuesday 8:00am - 5:00pm (CT), Thursday On site appointments April - October  
**Phone:** (605) 690-9062  
**Eligibility:** Open to all  
Christian Counseling - Provides individual, couples (including premarital & divorce recovery), and family therapy in a setting where clients’ Christian beliefs will be integrated into the therapeutic process.

Topics covered include addressing depression, anxiety, stress management, trauma and multi-cultural concerns.

Services offered include; individual counseling, family counseling, marriage counseling, divorce counseling, mental health screening, faith based counseling, grief/bereavement counseling, cognitive behavioral therapy, dialectical behavior therapy, sliding fee scale counseling, hoarding counseling, child abuse survivor counseling for adults and telehealth counseling.

**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  
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 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  
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 - Friday Crisis Services Available 24 hours a day / 7 days a week  
**Phone:** (605) 697-2850  
**Eligibility:** Open to all  
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
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/health-wellness/student-health-clinic-and-counseling-services
Email: sdsu.shc@sdstate.edu
Hours: 9:00am - 5:00pm (CT), Monday 8:00am - 5:00pm (CT), Tuesday - Friday
Phone: (605) 688-4157
Eligibility: Registered SDSU Students
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.

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
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 Better Me Counseling and Consulting
818 S. Broadway, Suite 113, 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+
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
Hours: Call for information.
Phone: (605) 494-1500
Eligibility: Open to all
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
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
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.

**State Office offered at NAMI South Dakota**
1601 E. 69th Street, Suite 210, Sioux Falls, SD 57104
Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 271-1871
Eligibility: Open to all
Provides practical support group, useful education, and understanding to people who are living and coping with neurobiologically based brain diseases and to their family members.

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

**Counseling Services offered at Lourdes Center, The**
523 N. Duluth Avenue, Sioux Falls, SD 57104
Website: www.thelourdescenter.com   Email: tlcd@sfcatholic.org
Hours: 8:30am - 5:00pm (CT), Monday - Friday Tuesday evening by appointment.
Phone: (605) 988-3775
Eligibility: Open to all
Licensed, professional counseling for adults and children. All areas of counseling are available including individual, marriage, and family.

**Therapy offered at Lifescape**
1020 W. 18th Street, Sioux Falls, SD 57105
**Hours:** 8:00am - 5:30pm (CT), Monday - Friday  
**Phone:** (605) 444-9700  
**Eligibility:** Open to all who could benefit from therapy services. Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

**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  
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 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  
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.

**Avera Medical Group Behavioral Health Clinic - Addiction Recovery Program offered at Avera - Sioux Falls**  
2412 S. Cliff Avenue, Suite 100, Avera Professional Plaza, Sioux Falls, SD 57105  
**Hours:** 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday  
Various daytime and evening group programming available.  
**Phone:** (605) 322-4079  
**Eligibility:** Open to individuals, couples, and families affected by addiction or co-occurring issues.  
- 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).

**Therapy offered at Lifescape**  
7220 W. 41st Street, Sioux Falls, SD 57106  
**Hours:** 8:00am - 5:30pm (CT), Monday - Friday  
**Phone:** (605) 444-9700  
**Eligibility:** Open to all who could benefit from therapy services. Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

**Counseling Services offered at Yellow Brick Road Counseling and Therapy**
Feel free to share this information, we ask that you credit the Helpline Center as your source.

Counseling Services offered at Balance Point, LLC
3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
**Phone:** (605) 524-8910
**Eligibility:** Open to all
Provides individual, couple, and family therapy services. Collaborative space to challenge life's ups and downs.

Counseling Services offered at Counseling Resource
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
Outpatient mental health, substance abuse and co-occurring disorders therapy. Caring, confidential and professional.

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
**Hours:** 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday
**Phone:** (605) 334-7713
**Eligibility:** Open to all
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/](http://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
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, as well as NeuroStar TMS Advanced Therapy, Spravato Treatment, Suboxone Treatment, Botox Injections, Veteran's Compensation & Pension Examinations and Forensic Psychiatry.

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
Hours: Monday - Friday; Call for specific hours
Phone: (605) 413-6835
Eligibility: Ages 13 and up.
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.

Avera Behavioral Health - Adolescent Partial Program offered at Avera - Sioux Falls
4400 W. 69th Street, Sioux Falls, SD 57108
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 322-4056
Eligibility: Adolescents ages 12 - 18
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.

Avera Behavioral Health Urgent Care offered at Avera - Sioux Falls
4400 W. 69th Street, Sioux Falls, SD 57108
Hours: Open 24 hours a day / 7 days a week
Phone: (605) 322-4065
Eligibility: Open to all
Provides a level of care assessment and identifies referral options for patients in behavioral health crisis.

Avera McKennan Behavioral Health Center - Assessment and Referral offered at Avera - Sioux Falls
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
Program provides assessments 24-hours a day for mental health problems to determine an appropriate level of care.

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
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](http://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
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
- 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
- adolescent/youth counseling
- gender identity counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling

**Counseling Services offered at Counseling Cafe, The**
4804 S. Minnesota Avenue, Suite 108, Sioux Falls, SD 57108
**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
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
- Free coffee bar and baked goods for clients

Licensed clinical professionals work with individuals, couples and families.

**Counseling Services offered at Rising Hope Counseling, LLC**
230 6th Street, Hanson Middle School, Alexandria, SD 57311
**Website:** [risinghope605.com](http://risinghope605.com)  **Email:** admin@risinghope605.com
**Hours:** Call for information
**Phone:** (605) 494-1500
**Eligibility:** Open to all
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 Elementary, Alexandria, SD 57311
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
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
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
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, 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
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
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.
Eligibility: Open to all
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
600 Billars Street, Scotland, SD 57059
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: Call for information.
Phone: (605) 494-1500
Eligibility: Open to all
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 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
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
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
Offers individual, couples, family therapy, education groups, and mental health assessment and evaluations.

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 10:00am - 12:00noon (CT), Friday
Phone: (605) 824-4288
Eligibility: 18 years and older
Provides both individual and group counseling for adults using cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT) using in-person and telemedicine services. Offers comprehensive dialectical behavior therapy services in which staff have received advance training.

**Counseling Services offered at Empowerment Counseling, LLC**

12 2nd Avenue S.W., Suite 202A, Aberdeen, SD 57401  
**Website:** empowermentcounselingsd.com  
**Email:** empowermentcounselingsd@gmail.com  
**Hours:** 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00pm (CT), Friday  
**Phone:** (605) 846-0464  
**Eligibility:** Ages 14 and up  
**Services provided:**  
- Individual counseling  
- Marriage counseling  
- Dialectical behavioral therapy  
- Family counseling  
- Family functional therapy  
- Couples (conjoint) counseling  
- Trauma informed therapy  
- Cognitive behavioral therapy  
- Telemental health

**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  
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 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  
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
Feel free to share this information, we ask that you credit the Helpline Center as your source.

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
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
Hours: See website for details.
Eligibility: Open to all
Visit the South Dakota Educational Directory to get details about any elementary, intermediate, middle, high school or alternative program within South Dakota.

Emotions Anonymous International
No Physical Address, Saint Paul, MN 55104
Hours: Vary by meeting, please see description for information.
Phone: (651) 647-9712
Eligibility: Open to adults
12-step program for individuals who want to become emotionally well. Support group meetings lead by peers, following the 12-step model of recovery.

Counseling Services offered at Support Circle, The
1710 E. Grand Crossing, Mobridge, SD 57601
Website: https://www.thesupportcircle.com/  Email: hello@thesupportcircle.com
Hours: 8:00am - 10:00pm (CT)
Phone: (605) 845-2058
Eligibility: Open to individuals 5 years of age and older.
To provide individualized care for a variety of situations.
**Prevention Services 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. 

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’toagnaka (generosity), wohhitika (courage), wowaci’ta’ka (perseverance), waoholaka (respect), wa’u’sila (compassion), and woksape (wisdom).

Prevention services include:
- Prevention:  
  - Aims to delay the initiation and/or progression ATODs. Prevention initiatives can be implemented at the population level as well as within the small group setting. Anpetu Luta Otipi's strategy for prevention includes: 1. Developing the capacity of prevention stakeholders to plan and implement evidence based prevention practices; 2. Promote policies that promote the health of the public and restrict access to ATODs; 3. Health promotion/disease prevention through social Marking and health communication; and 4. facilitation of cultural-based alcohol and drug free events that communicate public health messages.

- Early Intervention:  
  - Aims to curb at risk behavior (I.E. binge drinking) that has not yet become a disorder (I.E. alcoholism). Early Intervention services are delivered in groups or one-on-one with clients. Early Intervention links the client with both internal and/or external resources that are the most appropriate for his/her situation. Offers 2 types of early interventions:  
    - South Dakota’s DUI First Program, provides 12 hours of education to individuals who have been convicted of a first offense DUI/DWI.  
    - Provides youth diversion for infractions and/or misdemeanors related to alcohol and substance abuse.

- 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)

**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.
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. wacatognaka (generosity), woohitika (courage), wowacitaka (perseverance), waoholaka (respect), wausila (compassion), and woksape (wisdom)).

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)

**Residential Addiction Recovery Center offered at Wellfully**

22 Waterloo Street, Rapid City, SD 57701  
Website: www.wellfully.org  
Email: info@wellfully.org  
Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday  
Residential services: 24 hours a day / 7 days a week *COVID info below  
Phone: (605) 718-4870  
Eligibility: Youth ages 10 - 17 years old with an addiction assessment recommending level 111.7 Medically Monitored High Intensity Residential Substance Abuse Treatment.

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:
- Free assessment
- Treatment planning
- Mental health evaluation
- Group therapy
- Family involvement
- Individual therapy
- Aftercare planning
- Aftercare groups
- 12-step groups
- Advocacy
- Referrals

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

1301 W. Omaha Street, Suite 202, Rapid City, SD 57701  
Website: risinghope605.com  
Email: admin@risinghope605.com  
Hours: Call for information  
Phone: (605) 494-1500  
Eligibility: Open to all  
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.
Therapy offered at Lifescape
7110 Jordan Drive, Rapid City, SD 57702
**Hours:** 8:00am - 5:30pm (MT), Monday - Friday
**Phone:** (605) 791-7400
**Eligibility:** Open to all who could benefit from therapy services.
Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

Brain Injury Services offered at Black Hills Brain Health
803 Sioux San Drive, Rapid City, SD 57702
**Website:** [www.blackhillsworks.org/programs-services/enterprises/the-brain-rehabilitation-center](http://www.blackhillsworks.org/programs-services/enterprises/the-brain-rehabilitation-center)
**Hours:** 8:00am - 4:00pm (MT), Monday - Friday
**Phone:** (605) 343-7297
**Eligibility:** Open to all
Services offered:
- Neuropsychological Evaluation
- Autism Spectrum Evaluation
- Various other evaluations
- Occupational Therapy
- Counseling (individual, family, and group formats)
- Cognitive Retraining
- The Aging Brain Workshop
- Driving Simulator

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) 355-2500
**Eligibility:** American Indian enrollees
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
- Dual diagnosis treatment

To schedule time for the Sweat Lodge contact: Jacqueline Arpan at (605) 719-5408 or Sheila Red Thunder at (605) 355-2376

Counseling Services 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
**Hours:** 8:00am - 5:00pm (MT), Monday - Friday *Some hours of availability on Saturdays
**Phone:** (605) 716-3555
**Eligibility:** Open to all ages
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

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, Suite 103, Belle Fourche, SD 57717

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

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

**Phone:** (605) 722-8090

**Eligibility:** Open to all

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

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.

**Depression and Bipolar Support Alliance**
55 E. Jackson Boulevard, Suite 490, National Headquarters (not location of services provided), Chicago, IL 60604

**Website:** [www.DBSAlliance.org](http://www.DBSAlliance.org)
**Email:** info@dbsalliance.org

**Hours:** 7:00am - 6:00pm (CT), Monday - Friday

**Phone:** (312) 642-0049

**Eligibility:** Open to all
Peer based services and resources include:
- Online resources at DBSAlliance.org
- Online support groups
- Audio and video casts
- Parent and caregiver support network
- Advocacy for quality mental health care treatment
- Peer Specialist trainings

*Currently there are no in-person support groups in South Dakota, although online support groups are open to all.

**Counseling Services offered at Rising Hope Counseling, LLC**
317 N. Heritage Parkway, Tea, SD 57064
Website: [risinghope605.com](http://risinghope605.com)    Email: admin@risinghope605.com
Hours: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
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
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](http://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
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. Offers individual counseling or support groups in three ways: face-to-face, on the telephone, and online. Connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by master's-prepared oncology social workers.

Online support groups are available, 24 hours a day, 7 days a week.

**MindWise Innovations**
270 Bridge Street, Suite 205, Dedham, MA 2026
Website: [mindwise.org](http://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
A self-assessment questionnaire, regarding mental health and substance abuse, to assess if treatment or evaluation would be beneficial.
Transportation

Home Again offered at Teen Challenge of the Dakotas
317 3rd Avenue, Home Again Store, Brookings, SD 57006
Hours: 11:00am - 4:00pm (CT), every Saturday
Phone: (605) 692-4744
Eligibility: Open to all
Offers used furniture and home furnishings for sale.

Transportation offered at Inter-Lakes Community Action Partnership
415 8th Street S., Brookings, SD 57006
Hours: 10:00am - 5:00pm (CT), Monday, Tuesday, Thursday, and Friday 10:00am - 4:30pm (CT), Wednesday
Phone: (605) 692-6391
Eligibility: Must be related to employment or medical reasons and meet income requirements.
Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

Public Transit offered at Brookings Area Transit Authority
418 Western Avenue, Brookings, SD 57006
Website: www.batabus.com Email: bata@batabus.com
Hours: 5:00am - 11:00pm (CT), Monday - Friday
Phone: (605) 692-2222
Eligibility: Open to all
Provides transportation in and around the Brookings County area. Offers door-to-door service and weekday shuttles to and from Sioux Falls.

Statewide Services offered at River Cities Public Transit
1600 E. Dakota Avenue, Pierre, SD 57501
Hours: 24 hours a day / 7 days a week / 365 days a year
Phone: (605) 945-2360
Eligibility: Open to all
RCPT coordinates with all other transit agencies in South Dakota and can facilitate a ride statewide for medical appointments.