Basic Needs Resource Guide

Feel free to share all or a portion of this information, we just ask that you credit the Helpline Center as your source.
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Employment

Education and Employment Training offered at Cornerstones Career Learning Center, Inc
16 2nd Avenue S.W., Aberdeen, SD 57401
Website: www.cornerstonescareer.com   Email: admin@cornerstonescareer.com
Hours: 8:00am - 5:00pm (CT), Monday - Thursday. Online programming available 24 hours a day / 7 days a week
Phone: (605) 622-0010
Eligibility: Individuals 18 and older
Provides education and employment training to individuals and employers.

SD Deaf Resource & Outreach Programs offered at Communication Service for the Deaf, Inc.
14 S. Main Street, Suite 305, Aberdeen, SD 57401
Website: sddrop.org   Email: Programs@sddrop.org
Hours: 10:00am - 3:00pm (CT), Monday - Thursday, other hours by appointment
Phone: (605) 626-2668
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.

Mental Health Services offered at Northeastern Mental Health Center
14 S. Main Street, Suite 1E, Aberdeen, SD 57401
Website: www.nemhc.org   Email: info@nemhc.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday Evening appointments available
Phone: (605) 225-1010
Eligibility: Open to all/no age range
Provides individual, couple, family and group therapy. Substance use disorder evaluation and treatment. Psychiatric services for individuals 18 years and older including assessments and medication management. Psychological assessments, EAP (Employee Assistance Program) services.

Service to the Blind and Visually Impaired - Aberdeen offered at South Dakota Department of Human Services
1707 4th Avenue S.E., Suite A, Aberdeen, SD 57401
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 626-2395
Eligibility: Must be blind, low vision, or visually impaired and plan 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.

Vocational Rehabilitation - Aberdeen Office offered at South Dakota Department of Human Services
1707 4th Avenue, S.E. Suite A, Aberdeen, SD 57401
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 626-2398
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.

Disability Support Services offered at Aspire, Inc.
607 N. 4th Street, Aberdeen, SD 57401
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (605) 229-0263
Eligibility: Adults with intellectual disabilities
Provides comprehensive supports (i.e. supported employment, residential, community engagement, adult day services, representative payee services, etc.) for adults with intellectual/developmental disabilities.

Job Service Office offered at South Dakota Department of Labor and Regulation
420 S. Roosevelt Street, Aberdeen, SD 57401
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 626-2340
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.

Mental Health Services offered at Northeastern Mental Health Center
1005 1st Street, Redfield, SD 57469
Website: www.nemhc.org Email: info@nemhc.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 472-3282
Eligibility: Open to all/no age range
Provides individual, couple, family and group therapy. Substance use disorder evaluation and treatment. Psychiatric services for individuals 18 years and older including assessments and medication management. Psychological assessments, EAP (Employee Assistance Program) services.

Mental Health Services offered at Northeastern Mental Health Center
101 West 11th Avenue, Webster, SD 57274
Website: www.nemhc.org Email: info@nemhc.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 345-3146
Eligibility: Open to all/no age range
Provides individual, couple, family and group therapy. Substance use disorder evaluation and treatment. Psychiatric services for individuals 18 years and older including assessments and medication management. Psychological assessments, EAP (Employee Assistance Program) services.

Mental Health Services offered at Northeastern Mental Health Center
No Physical Address, Mobridge, SD 57601
Website: www.nemhc.org Email: info@nemhc.org
Hours: Services provided via telehealth.
Phone: (605) 225-1010
Eligibility: Open to all/no age range
Provides individual, couple, family and group therapy. Substance use disorder evaluation and treatment. Psychiatric services for individuals 18 years and older including assessments and medication management. Psychological assessments, EAP (Employee Assistance Program) services.
**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.  
Designated 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.

**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.

**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

**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:** 8:00am - 4:30pm (CT), Monday - Friday  
**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.
Sioux Council offered at Boy Scouts of America
800 N. West Avenue, Sioux Falls, SD 57104
Website: www.siouxcouncil.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

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.

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.

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.)

**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

Child Seat Distribution Program offered at South Dakota Child Safety Seat Distribution Program
110 6th Avenue S.E., Suite 100, Aberdeen CHILD Services, Aberdeen, SD 57401
Website: https://dss.sd.gov/childcare/childsafetyseat/    Email: sdsu.frn@sdstate.edu
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (605) 226-5675
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
3401 10th Avenue S.E., Aberdeen, SD 57401
Website: 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.

Emergency Services offered at Salvation Army Aberdeen, The
1003 6th Avenue S.W., Aberdeen, SD 57401
Website: https://centralusa.salvationarmy.org/aberdeenSD/    Email: aberdeen.caseworker@usc.salvationarmy.org
Hours: 8:30am - 4:00pm (CT) Monday, Wednesday, Friday for material assistance Case workers available for walk-ins: 9:00am - 12:00noon (CT), Monday, Wednesday, Friday After School program: 3:00pm - 6:00pm (CT), Monday - Friday when school is in session Call for appointment
Phone: (605) 225-7410
Eligibility: Open to all
Provides assistance with food, utilities, prescriptions, rent, and other needs; as well as maintaining a thrift store featuring clothes, furniture, household items, dvds, books, small electronics, mattresses, linens, etc. For home goods vouchers, access to the food pantry and assistance applications please call for appointment.

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 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.

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 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
116 E. 11th Avenue, Mitchell, SD 57301
Website: 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 Email: DSSRegion7EA@state.sd.us
Hours: 8:00am - 12:00noon; 1:00pm - 5:00pm (CT), Monday - Friday
Phone: (605) 668-3030
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
221 Mall Drive, Suite 101, Rapid City, SD 57701
Website: 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

Journey Home, The
420 S. Washington Street, Aberdeen, SD 57401
Website: www.journeyhomesd.org  Email: journeyhomesd@gmail.com
Hours: 9:00am - 2:00pm (CT), Monday - Friday
Phone: (605) 725-7031
Eligibility: Open to all
Provides emergency housing for adults by appointment. Provides clothing closet for adult and children, as well as financial assistance, for rent and utilities, to households who are willing to attend financial education programs. Call for an appointment. Provides a food box to those in need.

Financial and Homebuying Counseling offered at Lutheran Social Services - Northeast Region
110 6th Avenue S.E., Suite 200, Aberdeen, SD 57401
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.

Flex Fund Program for Emergent Needs offered at CASSP
Aberdeen, SD 57401
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 622-5986
Eligibility: Families with child under the age of 21 (children must reside in the family home). Also, people must have exhausted all other available funds.
Provides money to purchase basic, non-traditional, or community services that may not be available due to cost or other factors. This program directly meets the needs of families who find themselves facing unpredicted financial hardship.

These funds are accessed on a last-resort status when all other resources have been exhausted.

The program currently serves clients of CASSP member organizations including:
- Northeastern Mental Health Center
- Avera St. Luke's Peds Therapies
- Transition Services Liaison Project
- South Dakota Department of Health
- Department of Social Services Economic Assistance
- Court Services
- Avera Addiction Services (formerly: Worthmore)
- Safe Harbor
- Aberdeen School district
- Sanford Children's CHILD Services
- SDSU Extension
- Aberdeen Housing Authority
- Boys and Girls Club
- Lutheran Social Services
- SD Parent Connection
- Head Start
- Salvation Army
**Welfare offered at Brown County**
25 Market Street, Suite 7, Aberdeen, SD 57401
**Website:** https://brown.sd.us  
**Email:** WelfareOffice@browncounty.sd.gov  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 626-7109  
**Eligibility:** 18 years and older, must meet income guidelines and a resident of Brown County  
As a last resort (meaning citizens have exhausted all other options), the welfare office might be able to provide assistance as relief creates a lien and is due back to the County to be used for rent, prevention of utility shut off, emergency hospitalizations, or burial. Appointments are required.

**Housing Authority offered at Aberdeen Housing Authority**
310 S. Roosevelt Street, Aberdeen, SD 57401
**Website:** www.aberdeenhousing.com  
**Email:** lschock@aberdeenhousing.com  
**Hours:** 10:00am - 5:00pm (CT), Monday - Thursday 10:00am - 2:30pm (CT), Friday  
**Phone:** (605) 226-2321  
**Eligibility:** Open to all  
Provides housing rental assistance to low income families, seniors, and disabled individuals.

**Emergency Assistance 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:** Open to income eligible individuals and families  
Provides one-time emergency assistance grants to help pay for rent, utilities, or other emergency needs. Dependent on funding availability.

**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

**Sioux Empire Housing Partnership, Inc.**
200 N. Phillips Avenue, Suite 200, Suite 200, Sioux Falls, SD 57104
**Website:** http://siouxf empirehousing.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  
**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.

**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

**Area Senior Center - Meals on Wheels offered at City of Aberdeen**
1303 7th Avenue S.E., Aberdeen, SD 57401  
**Website:** [www.aberdeen.sd.us](http://www.aberdeen.sd.us)  
**Email:** seniorcenter@aberdeen.sd.us  
**Hours:** Office Hours: 8:00am - 4:30pm (CT), Monday - Friday  
**Meals Delivered:** between 11:00am - 1:00pm (CT), Monday - Friday  
**Phone:** (605) 626-3330  
**Eligibility:** Open to all  
Delivers special dietary lunch meals to seniors or disabled individuals in need.

**Senior Nutrition Program offered at Area IV Senior Nutrition**
1303 7th Avenue S.E., Aberdeen, SD 57401  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 225-0182  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal. Suggested donation of $5.00 per meal.

**Table of Plenty offered at Zion Lutheran Church of Aberdeen**
1732 S. Main Street, Aberdeen, SD 57401  
**Website:** [www.zionlutheranaberdeen.org](http://www.zionlutheranaberdeen.org)  
**Email:** zion@nvc.net  
**Hours:** 5:00pm - 7:00pm (CT), 4th Monday of the month  
**Phone:** (605) 225-6755  
**Eligibility:** Open to all  
Free monthly community meal, sponsored and hosted by various churches and organizations in Aberdeen.

**H.O.P.E. (Helping Other People Eat) offered at Salvation Army Aberdeen, The**
1003 6th Avenue S.W., Aberdeen, SD 57401  
**Hours:** 8:30am - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 225-7410  
**Eligibility:** Open to all  
No cost lunch served 12:00noon - 12:30pm, Monday - Friday. For home goods vouchers, access to the food pantry and assistance applications please call for appointment.

**Food Pantry and Community Meal offered at Good Shepherd Lutheran Church of Aberdeen**
1429 N. Dakota Street, Aberdeen, SD 57401  
**Website:** [https://goodshepherdaberdeen.org/](https://goodshepherdaberdeen.org/)  
**Email:** welcome@goodshepherdaberdeen.org  
**Hours:** Food Giveaway: 4:00pm - 6:00pm (CT), 2nd Monday of each month  
**Meal:** 5:00pm (CT), 2nd Monday of each month  
**Phone:** (605) 229-0846  
**Eligibility:** Open to all (individuals or families)  
Food giveaway, 1/month on the 2nd Monday of each month. Also, gives out commodities for which income guidelines apply. Community meal also served on the day of the food giveaway.

**Worship Services offered at Bethlehem Lutheran Church**
1620 Milwaukee Avenue S.E., Aberdeen, SD 57401
A community hot meal is served 5:00pm - 6:15pm, every Wednesday in the Fellowship Hall.

Senior Nutrition Program offered at Area IV Senior Nutrition
231 E. 11th Avenue, Groton, SD 57445
Hours: Call to reserve lunch before 9:00am (CT), Monday - Friday
Phone: (605) 397-5656
Eligibility: 60 years of age or older
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal. Suggested donation of $5.00 per meal.

Senior Nutrition Program offered at Area IV Senior Nutrition
405 Main Street, Vonnie's Restaurant, Cresbard, SD 57435
Hours: Call to reserve lunch before 9:00am (CT), Monday - Friday
Phone: (605) 324-3255
Eligibility: 60 years of age or older
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal. Suggested donation of $5.00 per meal.

Senior Nutrition Program offered at Area IV Senior Nutrition
206 W. Main Street, Hecla Senior Center, Hecla, SD 57446
Hours: Call to reserve lunch before 9:00am (CT), Monday - Friday
Phone: (605) 994-2729
Eligibility: 60 years of age or older
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal. Suggested donation of $5.00 per meal.

Senior Nutrition Program offered at Area IV Senior Nutrition
728 Main Street S., Redfield Senior Center, Redfield, SD 57469
Hours: Call to reserve lunch before 9:00am (CT), Monday - Friday
Phone: (605) 472-0155
Eligibility: 60 years of age or older
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal. Suggested donation of $5.00 per meal.

Senior Nutrition Program offered at Area IV Senior Nutrition
909 S. Main, Britton Senior Center, Britton, SD 57430
Hours: Call to reserve lunch before 9:00am (CT), Monday - Friday
Phone: (605) 448-2542
Eligibility: 60 years of age or older
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal. Suggested donation of $5.00 per meal.

Senior Nutrition Program offered at Area IV Senior Nutrition
117 8th Street, Faulkton Autumn Leave Club, Faulkton, SD 57438
Hours: Call to reserve lunch before 9:00am (CT), Monday - Friday
Phone: (605) 598-4297
Eligibility: 60 years of age or older
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal. Suggested donation of $5.00 per meal.
**Senior Nutrition Program offered at Area IV Senior Nutrition**  
507 Main Street, Webster, SD 57274  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 345-3464  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

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**Senior Nutrition Program offered at Area IV Senior Nutrition**  
507 Main Street, Webster Senior Center, Webster, SD 57274  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 345-3464  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

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**Senior Nutrition Program offered at Area IV Senior Nutrition**  
322 Broadway Avenue, Cafe Eden, Eden, SD 57232  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 486-4144  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

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**Senior Nutrition Program offered at Area IV Senior Nutrition**  
3037 Main Street, Bowdle Senior Center, Bowdle, SD 57428  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 285-6300  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

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**Senior Nutrition Program offered at Area IV Senior Nutrition**  
718 G. Avenue, Eureka, SD 57437  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Thursday  
**Phone:** (605) 284-2000  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

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**Senior Nutrition Program offered at Area IV Senior Nutrition**  
793 Main Street, Hoven, SD 57450  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 948-2343  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

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**Senior Nutrition Program offered at Area IV Senior Nutrition**  
9 8th Avenue E., Rosalie’s, Sisseton, SD 57262  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday
Phone: (605) 698-7401  
Eligibility: 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

**Senior Nutrition Program offered at Area IV Senior Nutrition**
264 Main Street, Farmer's Cafe and C-Store, Claire City, SD 57224  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 652-4580  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

**Senior Nutrition Program offered at Area IV Senior Nutrition**
3419 Main Street, Selby Senior Center, Selby, SD 57472  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 649-7955  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

**Senior Nutrition Program offered at Area IV Senior Nutrition**
107 W. Logan Avenue, Gettysburg Senior Center, Gettysburg, SD 57442  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 765-9222  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

**Senior Nutrition Program offered at Area IV Senior Nutrition**
706 Main Street, The Cafe, Wilmot, SD 57279  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 938-4350  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

**Senior Nutrition Program offered at Area IV Senior Nutrition**
217 Main Street, Mikey's, New Effington, SD 57255  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 637-5291  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.

**Senior Nutrition Program offered at Area IV Senior Nutrition**
206 S. Main Street, Brewster's Tavern & Grill, Onida, SD 57564  
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday  
**Phone:** (605) 769-0211  
**Eligibility:** 60 years of age or older  
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal.  
Suggested donation of $5.00 per meal.
Senior Nutrition Program offered at Area IV Senior Nutrition
616 6th Avenue West, Mobridge Senior Center, Mobridge, SD 57601
**Hours:** Call to reserve lunch before 9:00am (CT), Monday - Friday
**Phone:** (605) 845-7402
**Eligibility:** 60 years of age or older
A senior meal program providing hot, nutritional, lunch meal Monday - Friday. Call before 9:00am to reserve a meal. Suggested donation of $5.00 per meal.

Statewide Mobile Food Distribution Program offered at Feeding South Dakota
Sioux Falls, SD 57105
**Website:** [www.feedingsouthdakota.org/mobile](http://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.

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, establish 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

Roncalli Nearly New offered at Aberdeen Catholic School System
220 1/2 N. Main Street, Aberdeen, SD 57401
**Hours:** 12:00noon - 4:00pm (CT) Tuesday - Thursday, Saturday
**Phone:** (605) 225-7121
**Eligibility:** Open to all
Secondhand store featuring clothing for all ages, household items, and toys.

Thrift Store offered at Salvation Army Aberdeen, The
1025 6th Avenue S.W., Aberdeen, SD 57401
**Hours:** 10:00am - 5:00pm (CT), Monday - Saturday
Phone: (605) 225-1223
Eligibility: Open to all
Thrift store - clothes, furniture, household items, dvds, books, small electronics, linens, etc.

**Thrift Store 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: [adm@goodwillgreatplains.org](mailto:adm@goodwillgreatplains.org)
Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday
Phone: (605) 225-0822
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**
424 S. Brown County Highway 19, Aberdeen, SD 57401
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  
Email: [marketing@goodwillgreatplains.org](mailto: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**
2318 9th Avenue S.E., Watertown, SD 57201
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  
Email: [marketing@goodwillgreatplains.org](mailto: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**
625 Main Avenue, Brookings, SD 57006
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  
Email: [marketing@goodwillgreatplains.org](mailto: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.

**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](mailto: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
3400 S. Norton Avenue, Sioux Falls, SD 57105
Website: 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
611 Lindbergh Avenue, Rapid City, SD 57701
Website: 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.

Shelters
South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority
420 S. Washington Street, The Journey Home, Aberdeen, SD 57401
Hours: 9:00am - 2:00pm (CT), Monday - Friday
Phone: (605) 725-7031
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.

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.

Safe Harbor
2005 Merton Street S., Aberdeen, SD 57402
Website: www.safeharborsd.org  Email: safeharbor@safeharborsd.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday Crisis line available 24 hours a day / 7 days a week
Phone: (605) 226-1212
Eligibility: Victims of violence, domestic violence, sexual assault, elder abuse, and stalking. All services are open to the public regardless of whether they have previously stayed at the shelter.
Provides shelter services for victims of violence, domestic violence, stalking, sexual assault, elder abuse, and human trafficking.

Wac’ang’a, Inc.
119 E. Cherry Street, Sisseton, SD 57262
Website: www.facebook.com/WacangA-Inc-1444076505816811  Email: wacangA.sweetgrass@gmail.com
Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Crisis line: 24 hours a day / 7 days a week
Phone: (605) 698-4129
Eligibility: Victims of domestic violence or sexual assault
Provides confidential service to all individuals who have experienced domestic violence and sexual assault, including:
-24-hour crisis line
-Support groups
-Support in court
-Assistance with restraining orders and orders for protection
-Community education, including: in-services and workshops on domestic violence to any group
-Information and referrals
-Assistance with legal, medical, social, and other services
-Advocacy
-Safe shelter
-Transportation
-Food
-Clothing

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.
**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.

**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.

**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**

**Sober Living Home offered at Oxford House**
2 Oxford Houses in Aberdeen, Aberdeen, SD 57401  
**Hours:** Residential services are 24 hours a day / 7 days a week  
**Phone:** (605) 254-7636  
**Eligibility:** Houses for men, women; no co-ed houses
2 Oxford Houses (furnished homes) are available in the Aberdeen community. Established to provide a safe, supportive and structured environment where men and women can live while learning to live without drugs and alcohol. There are no co-ed homes.

Each house is self-supporting and ran democratically by the members of the house. Each member shares in the equal share of expenses.

Each member must abide by the Oxford House rules to continue to be a member.

To see if there are openings at a home, visit www.oxfordvacancies.com

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.

Serenity Hills offered at Human Service Agency
1526 Highway 20 N.W., Watertown, SD 57201
Hours: 24 hours a day / 7 days a week
Phone: (605) 884-0650
Eligibility: Diagnosed with chemical dependency and mental illness (Must have dual-diagnosis)
Detox is available for both genders and no other admission criteria other than needing detox
A therapeutic place of residence for persons suffering from mental illness and chemical dependency. Offering dignity and serenity for chemically dependent and or mentally ill persons to continue the journey of recovery, healing, and wholeness.

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.

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 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.

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

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.

Marissa's Project offered at Call to Freedom
Sioux Falls, SD 57104
Website: www.calltofreedom.org   Email: info@calltofreedom.org
Hours: Call for information.
Phone: (605) 261-1880
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).

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

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

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.

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](http://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.

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.

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).

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  **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/  **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

Behavioral Health Services offered at Avera St. Luke’s Hospital
305 S. State Street, Aberdeen, SD 57401
Hours: 24 hours a day / 7 days a week
Phone: (605) 622-5552
Eligibility: Open to anyone experiencing psychiatric distress
Provides inpatient mental health care to individuals (primary care of adults) who are experiencing acute psychiatric distress and require assessment and short term inpatient intervention.

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 Breakthrough Psychological Services
125 Railroad Avenue S.E., Suite 1, Aberdeen, SD 57401
Website: www.breakthroughpsychservices.com   Email: info@breakthroughpsychservices.com
Hours: 8:00am - 5:00pm (CT), Monday - Friday Other times by appointment
Phone: (605) 725-5505
Eligibility: Open to all
Individual, couples, children and family counseling using the approach of positive psychology along with specialized training and certification in cognitive behavioral therapy (CBT) for the treatment of depression, anxiety (GAD, panic, phobias, social-anxiety, etc.), bipolar disorder, obsessive compulsive related (OCD, hoarding, etc.), trauma related (PTSD, P/S/E abuse, traumatic death, etc.), anger & impulse control, & personality disorders (borderline, narcissistic, antisocial, etc.). Also offering telehealth services.

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 Shelterbelt Counseling, LLC
416 S. Dakota Street, 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 Footsteps Counseling, LLC
121 4th Avenue, S.W., Suite 1, Aberdeen, SD 57401
Hours: 10:00am - 6:00pm (CT), Monday - Friday Evenings and weekend by appointment only
Phone: 605-725-2155
Eligibility: Open to all
Assessments and therapy offered for individual, family, group counseling and children ages 9 and up with specialties of:
- Mental health screening
- Divorce
- Grief
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Adolescent/youth
- Terminal illness
- LGBTQ/gender identity
- Parent
- Hoarding
- Spouse/intimate partner abuse
- Adult survivors of child abuse

Also offering services via telehealth.

**Counseling Services offered at Lourdes Center, The**
12 Railroad Avenue S.W. Suite 211, Aberdeen, SD 57401
Website: [www.thelourdescenter.com](http://www.thelourdescenter.com)  Email: tlc@sfcatholic.org
Hours: 9:00am - 4:00pm (CT), Tuesdays and Thursdays
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.

**Student Counseling Services offered at Northern State University**
1200 S. Jay Street, Aberdeen, SD 57401
Website: [www.northern.edu/sacounseling/index.htm](http://www.northern.edu/sacounseling/index.htm)  Email: info@northern.edu
Hours: 8:00am - 5:00pm (CT), Monday - Friday 7:30am - 4:30pm (CT), Monday - Friday (summer hours)
Phone: (800) 678-5330
Eligibility: NSU Students
Provides individual and group counseling, early intervention, and crisis intervention.

**Counseling Services offered at Rising Hope Counseling, LLC**
426 N. Highway 281, Suite 3, Aberdeen, SD 57401
Website: [risinghope605.com](http://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.

**NAMI offered at NAMI South Dakota**
No Physical Address, Aberdeen, SD 57401
Hours: NAMI South Dakota office hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (605) 225-1010
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 neurobiologically 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.

Check Facebook page [www.facebook.com/namisodak](http://www.facebook.com/namisodak) or website for additional programs, times and locations.
Aberdeen Community Health Center offered at Horizon Health Care, Inc.
506 S. Wilson Street, Aberdeen, SD 57401
Website: www.horizonhealthcare.org/our-locations/aberdeen-community-health-center
Email: info@horizonhealthcare.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 725-3900
Eligibility: Open to all
Provides family medicine, preventive care, and mental health care with a sliding fee scale option.

Counseling Services offered at Dakota Group
405 8th Avenue N.W., Suite 205, Aberdeen, SD 57401
Website: https://www.dakpsych.com/
Email: hello@dakpsych.com
Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday
Phone: (605) 725-9565
Eligibility: Open to all
Private practice mental health counseling agency that assists individuals by providing assessment, consultation, therapy, and more.

Counseling Services offered at Destinations Counseling, LLC
405 8th Avenue N.W., Suite 321, Aberdeen, SD 57401
Website: destinationstherapy.com
Email: ellenwashenberger@hushmail.com
Hours: 1:00pm - 7:00pm (CT), Monday - Friday Saturdays possible by request
Phone: (605) 262-0513
Eligibility: Open to all
Mental health services/therapy in a private practice setting. Specializing in work with:
- Children
- Adults
- Foster children
- Adoption issues
- Domestic violence issues
- Abuse and neglect issues
- Depression,
- Anxiety
- Trauma issues
Also, providing telemental health.

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

Counseling Services offered at Northern Plains Psychological Associates, LLC
405 8th Avenue N.W., Suite 333, Aberdeen, SD 57401
Website: nppasd.com  Email: admin@nppasd.com
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 225-3622
Eligibility: Open to adults
Mental health services and counseling for individuals of all ages, families, and couples. Issues such as depression, anxiety, panic, life transition and adjustment (such as career, mid-life, relationship changes, aging, etc.), coping with chronic illness, grief and loss, trauma, PTSD, job stress, issues relating to confidence, self esteem, and empowerment, ADHD, behavioral issues, anger, and parenting. Sessions can also be offered via telehealth.

Counseling Services offered at Lost and Found, LLC
Aberdeen, SD 57401
Email: lostandfoundtherapyservices@gmail.com
Hours: Call for information
Phone: (605) 377-8696
Eligibility: 5 to 100
Counseling services include individual counseling, marriage counseling, family counseling, and mental health screenings. Works will all ages in their home, school, or neutral/arranged sites.

Counseling Services offered at Prairie View Counseling, LLC
2301 8th Avenue N.E., Aberdeen, SD 57401
Hours: 9:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 725-2230
Eligibility: Ages 14 and up
Provides individual counseling services working with clients ages 14 and up with depression, anxiety, relationship issues, grief and loss.

Services include:
- individual counseling
- cognitive behavioral therapy
- adolescent/youth counseling
- parent counseling
- internet (tele-health) counseling

Counseling Services offered at Rising Hope Counseling, LLC
110 3rd Street S.W., Suite 107, Huron, SD 57350
Feel free to share this information, we ask that you credit the Helpline Center as your source.
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**
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.

**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.

**Counseling Services offered at Rising Hope Counseling, LLC**
420 S. Henry Street, Pierre, SD 57501  
**Website:** risinghope605.com  
**Email:** admin@risinghope605.com  
**Hours:** Call for information.  
**Phone:** (605) 494-1500  
**Eligibility:** Open to all  
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**
118 S. Main Street, Suite 1, Chamberlain, SD 57325  
**Website:** risinghope605.com  
**Email:** admin@risinghope605.com  
**Hours:** Call for information.  
**Phone:** (605) 494-1500  
**Eligibility:** Open to all  
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**
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 Rising Hope Counseling, LLC**
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC
230 6th Street, Hanson Middle School, Alexandria, SD 57311
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
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
104 W. Main Street, Parkston, SD 57366
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
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.

**Counseling Services offered at Lourdes Center, The**
523 N. Duluth Avenue, Sioux Falls, SD 57104
Website: [www.thelourdescenter.com](http://www.thelourdescenter.com)  Email: tlc@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**
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.

**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.

**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 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 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 Midwest Wellness Institute, PLLC
4308 S. Arway Drive, Sioux Falls, SD 57106
Website: www.mwihealth.org/  Email: office@mwihealth.org
Hours: 8:00am - 5:00pm (CT), Monday - Friday Office staff works remotely some days; please call before stopping in.
Phone: (605) 573-2000
Eligibility: Open to all
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 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.

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.

Teledermicine 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).

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 Yellow Brick Road Counseling and Therapy
3508 S. Minnesota Avenue, Suite 100, Two Willows Place, Sioux Falls, SD 57105
Hours: 8:00 am - 6:00 pm (CT), Monday - Thursday
Phone: (605) 214-6855
Eligibility: Open to all
Mental health clinic addressing trauma in a safe and healthy way. Services offered include:
- Individual counseling
- Marriage counseling
- Divorce counseling
- Grief/bereavement counseling
- Dialectical Behavioral Therapy (DBT)
- Child abuse counseling
- Child abuse survivor counseling for adults
- Family counseling
- Couples counseling
- Trauma informed therapy
- Cognitive Behavioral Therapy (CBT)
- Adolescent/youth counseling
- Parent counseling
- Spouse/intimate partner abuse counseling
- Telemental health
- Traumatic Incident Reduction
- Eye Movement Desensitization and Reprocessing (EMDR)

Counseling Services offered at Balance Point, LLC
3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105
Hours: 8:00 am - 5:00 pm (CT), Monday - Friday
Feel free to share this information, we ask that you credit the Helpline Center as your source.

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 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  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 (conjunct) 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 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.

Counseling Services offered at Rising Hope Counseling, LLC
841 Jackson Street, Suite C, Burke, SD 57523
Website: risinghope605.com  Email: admin@risinghope605.com
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 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
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
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.

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.

**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'tognaka (generosity), woohitika (courage), wowaci'ta'ka (perseverance), waoholaka (respect), wau'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.
Brain Injury Services offered at Black Hills Brain Health
803 Sioux San Drive, Rapid City, SD 57702
Website: [www.blackhillworks.org/programs-services/enterprises/the-brain-rehabilitation-center](http://www.blackhillworks.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

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.

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)

**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.

There are many forms of virtual meetings available. Go to www.emotionsanonymous.org for meeting information.

**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, Belle Fourche, SD 57717

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

**Hours:** 8:00am - 5:00pm (MT), Monday - Friday
**Phone:** (605) 722-8090

**Eligibility:** Open to all

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@mindsore.org  
**Hours:** 24 hours a day / 7 days a week
Feel free to share this information, we ask that you credit the Helpline Center as your source.