



TELEMENTAL HEALTH GUIDE

This guide contains licensed or credentialed behavioral health service providers that are able to provide services via phone, computer or tablet. It contains both for profit and nonprofit entities. It is our hope, that this Guide can help make mental health and substance use treatment services more accessible to rural areas of South Dakota.

For more information: • Visit www.helplinecenter.org • Dial 2-1-1 • Text your zip code to 898211

***The offices below provide telemental health services across South Dakota, unless otherwise noted.**

A Center For Training And Restoration

5530 S. Canyon Road, Rapid City, SD (605) 484-0576 www.ACenterForTrainingAndRestoration.com

Provides addiction and mental health counseling and educations for culturally diverse groups of people. Counseling services include: individual, substance use, faith based, Eye Movement Desensitization and Reprocessing (EMDR), Family Systems therapy, grief, terminal illness, spouse/intimate partner abuse, and child abuse survivor counseling for adults. ACFTAR offers a sliding fee scale.

Abide Counseling Services, LLC

6809 S. Minnesota Avenue, Suite 102, Sioux Falls, SD (605) 988-8125 www.abidecounselingservice.com

Addresses the following: marital and premarital counseling, anxiety, depression, life transitions, grief, women's issues, post-partum concerns, and mood disorders.

Abourezk Counseling

2020 W. Omaha Street, Rapid City, SD (605) 863-2881 www.abourezkcounseling.com

Individual and family therapy for ages 10 and up. Topics discussed include: addictions, anxiety, depression, trauma, PTSD, chronic pain, stress management, employment issues, abuse, grief and loss, LGBTQ+ counseling, and women's issues.

Access Health-Mitchell

1900 Grassland Drive, Mitchell, SD (605) 995-7000 www.ruralhc.net/mitchell

Access Health-Mitchell provides a full range of primary healthcare services including telemedicine related to medical or mental health needs.

Addiction Recovery Centers of the Black Hills - Custer

14 Mount Rushmore Road, Suite C, Custer, SD (605) 673-2844 www.arcbh.org

Provides adults and adolescents with behavioral health services focusing on addiction and co-occurring disorders. Services include walk-in needs assessments (regarding mental health, substance abuse, and gambling), intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes.

Addiction Recovery Centers of the Black Hills - Hot Springs

646 Jennings Avenue, Suite 2, Hot Springs, SD (605) 745-6300 www.arcbh.org

Provides adults and adolescents with behavioral health services focusing on addiction and co-occurring disorders. Services include walk-in needs assessments (regarding mental health, substance abuse, and gambling), intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes.

Addiction Recovery Centers of the Black Hills - Rapid City

1520 Haines Avenue, Suite 6, Rapid City, SD (605) 716-7841 www.arcbh.org

Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include needs assessments (regarding mental health, substance abuse, and gambling), intensive outpatient treatment, after care, MRT (Moral Reconciliation Therapy), CBISA (Cognitive Behavioral Intervention Substance Abuse), individual and

group counseling, and 12-hour DUI classes. Along with individual and group counseling, provides MAT (Medication Assisted Treatment) using FDA approved medication to reduce cravings.

Agape Counseling Center, LLC

700 S. 8th Avenue, Brandon, SD (605) 582-4722 www.agapecounselingsd.com

Counseling and therapy services include marriage, couples, and family. Focus areas include depression, anxiety, grief, chemical dependency, abuse, body image, spirituality, and life transitions.

Arise Counseling

1524 S. Summit Avenue, Sioux Falls, SD (605) 202-2882 www.arisecounselingsiouxfalls.com

Individual and couple counseling. Treatment of depression, anxiety, bipolar disorder, mood disorders, stress management, life transitions, health problems, aging, boundaries, self-esteem, coping skills and grief. Telemental health is available for existing clients. A brief phone interview would be necessary to determine if new patients would be eligible for telemental health services.

Aspen Counseling Services, PLLC

1019 6th Avenue S.E., Watertown, SD (605) 878-0606 www.aspencounselingservices.net

Provides mental health and mindfulness therapy for teens and adults struggling with OCD, grief, anxiety, depression, eating disorders and stress. Telemental health sessions available after first session in person.

Avera Behavioral Health Triage Services

2412 S. Cliff Avenue, Sioux Falls, SD (605) 322-4086 www.avera.org/services/behavioral-health

Avera Behavioral Health Triage Services offers crisis/sooner access mental health therapy sessions for patients experiencing increased mental health needs. Sessions often can be scheduled same-day or within 3 business days. Patient meets with mental health therapist for a 30-45 minute brief crisis session: processing stressors, support systems, coping mechanisms, providing brief therapeutic interventions. Goal is to meet patients in their time of need and assist with re-regulation of emotional state and assisting with ensuring ongoing follow-up care (if needed).

Telemental therapy services are available only in the following select rural communities/cities/towns in South Dakota:

Bowdle – (located in Edmunds County)	Murdo – (located in Jones County)
Britton – (located in Marshall County)	Onida – (located in Sully County)
Brookings – (located in Brookings County)	Parkston – (located in Hutchinson County)
Chamberlain – (located in Brule County)	Platte – (located in Charles Mix County)
Ft. Pierre – (located in Stanley County)	Presho – (located in Lyman County)
Geddes – (located in Charles Mix County)	Redfield – (located in Spink County)
Gettysburg – (located in Potter County)	Scotland – (located in Bon Homme County)
Gregory – (located in Gregory County)	Tyndall – (located in Bon Homme County)
Highmore – (located in Hyde County)	Wagner – (located in Charles Mix County)
Kennebec – (located in Lyman County)	White Lake – (located in Aurora County)
Miller – (located in Hand County)	Yankton - (located in Yankton County)

Avera Cancer Institute - Integrative Medicine Clinic

1000 E. 23rd Street, Suite 140, Sioux Falls, SD (605) 322-3241

www.avera.org/services/cancer-care/cancer-support-services

Oncology Outpatient Therapists offer counseling for people with cancer at any stage of treatment or recovery. Addressing issues of adjustment to illness, fear of reoccurrence, cancer induced distress, anxiety, depression, life legacy, advance care planning, grief, and bereavement. Telemental health available for any individual with cancer or their support person. May be in active treatment or out of treatment.

Avera Medical Group Behavioral Health Clinic - Addiction Recovery Program

2412 S. Cliff Avenue, Suite 100, Sioux Falls, SD (605) 322-4079 www.avera.org

Avera Professional Plaza

Individuals, couples, or families can receive specialized treatment for co-occurring issues of substance use/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 and individual therapy. Specialized counseling services for pain management-related difficulties. Telemental counseling services including CD assessments and individual therapy. Anyone can participate in this service but must be present at one of the following Avera clinics to participate: Flandreau, Chamberlain, Kennebec, or Scotland.

Back to Basics Counseling

48575 267th Street, Valley Springs, SD (605) 757-7025 www.back-to-basics-counseling.business.site
 Trained in Dialectical Behavior Therapy (DBT), trauma focused, and working with individuals with addictions, anxiety, depression, bi-polar, borderline personality and other diagnoses. Offers counseling services for people tweens - senior adults. Can meet people at their home, in the community or by telemental health.

Barbara RA Christensen, II Inc

6809 S. Minnesota Avenue, Suite 102, Sioux Falls, SD (605) 362-5803 www.barbarachristensencounseling.com
 Christian counseling for children, adolescents, and adults specializing in depression, anxiety, family issues, divorce, grief, self-injury, adjustment, drug and alcohol, attention deficit / hyperactivity disorder (ADD/ADHD), social skills, anger, domestic violence, abuse, obsessive compulsive disorder (OCD), relationship, autism, and Asperger's syndrome.

Barse Counseling, LLC

811 E. St. Andrew Street, Suite 6, Rapid City, SD (605) 388-2258 www.barsecounseling.com
 Helps provide navigation for children, teens, and adults through difficult life circumstances, emotional and behavioral problems, communication and relational conflicts, and social and self-esteem/self-confidence issues. Specializes in helping decrease/eliminate problems with depression, anxiety, women's issues, anger management, acting out behaviors, and life transitions, including separation and divorce, and grief and loss through: individual and family counseling, sand tray therapy, play therapy, cognitive behavioral therapy, psycho-educational therapy, and bibliotherapy.

Behavior Management Counseling Services

3610 S. Western Avenue, Suite 2, Sioux Falls, SD (605) 274-1700 www.mariaegancounseling.com
 Individual, groups, couples and family therapy for all ages. Specializing in play therapy, behavior modification, cognitive behavioral therapy (CBT), and diagnostic assessments for depression, generalized and separation anxiety, school refusal, social phobia, social skills training, obsessive compulsive disorder (OCD), anger management, behavior problems, emotional regulation, selective mutism, trichotillomania (hair pulling), grief and loss, post-traumatic stress (PTSD), attention deficit / hyperactivity disorder (ADD/ADHD), Asperger's and autism spectrum, and pediatric bipolar disorder.

Behavior Management Systems Rapid City - Main Office

350 Elk Street, Rapid City, SD (605) 343-7262 www.BMSCares.org
 Outpatient counseling for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), depression, emotion and behavior regulation for children, grief and loss, life transition and adjustment issues, marriage and family issues, post-traumatic stress (PTSD), relational violence/abuse, self-esteem, stress management, suicide intervention/crisis stabilization, teen problems, wellness counseling, and women's issues. Family Pathways (Family Outreach Services) counselors providing intensive counseling and support services for children in community locations such as home or school. Also offers MAT (Medication Assisted Treatment). Psychiatric Services - assessments and medication management.

- **Behavior Management Systems Hot Springs Office**
 - 3 Canyon View Circle, Hot Springs, SD (605) 745-6222
- **Behavior Management Systems Rapid City - Mainstream Office**
 - 111 North Street, Rapid City, SD (605) 343-0650
- **Behavior Management Systems Spearfish Office**
 - 623 Dahl Road, Spearfish, SD (605) 642-2777

Belle Fourche Counseling, LLC

515 National Street, Suite 103, Belle Fourche, SD (605) 722-8090
 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. Does not require patient to attend an intake session in person. Can mail intake paperwork and this should be returned via mail or email prior to first session.

Black Hills Center for Healing and the Advancement of Psychotherapy

2525 W. Main Street, Suite 303A6, Rapid City, SD (605) 440-2287 www.bhchap.com
 Individual therapy for adults and couples, specializing in trauma, including dissociative functioning and complex trauma. Integrative Trauma treatment approaches, featuring EMDR, somatic psychotherapies, along with a Mindfulness and Self Compassion practice focus, for core healing. Specialty programs and retreats available. Telemental health services/counseling available. Initial assessment required. Fees: not all insurances reimburse for telehealth, so out of pocket payment may be required. Additional location: Custer 11 N. 5th Street Custer, SD 57730

Black Hills Psychology

115 N. 7th Street, Suite 6, Spearfish, SD

(605) 645-0100

www.blackhillspychology.com

Psychiatric evaluations, prescription medication management, psychological testing, and comprehensive therapy services including eye movement desensitization and reprocessing (EMDR) and biofeedback. Psychological testing and evaluation services available for issues including Autism spectrum, learning disorders, attention deficit / hyperactive disorder (ADD/ADHD), bipolar, anxiety, depression, ability and achievement, IQ, memory, bariatric surgery evaluations, and court-ordered evaluations. Specializing in therapeutic services for depression, life-transition, behavioral issues, divorce, premarital, families, relationship issues, parenting, work-life balance, LGBTQ, grief and loss, serious and chronic disease, postpartum depression, infertility, stress management, eating disorders, physical disability, abuse issues, and chronic pain.

Bosworth Therapy & Consultation Services, Inc.

420 Quincy Street, Rapid City, SD

(605) 343-7755

Individuals, couples, and family therapy. Play therapy, mediation, and custody evaluations.

Breakthrough Psychological Services

404 S. Lincoln Street, Suite L1, Aberdeen, SD

(605) 725-5505

www.breakthroughpsychservices.com

Individual, couples, children and family counseling using the approach of Positive Psychology along with specialized training and certification in Cognitive-Behavioral Therapy 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.).

Bridges to Hope Counseling Services LLC1101 Broadway Avenue, Suite 108-02, Yankton, SD
Morgan Square

(605) 665-4488

www.yanktontherapist.com

Individual and family counseling for issues involving depression, anxiety, grief and loss, ADHD, and PTSD. Telehealth services available.

Bridgeway Counseling Center

600 4th Street N.E., Suite 203, Watertown, SD

(605) 886-5262

www.bridgewaycounselingcenter.com

Provides services for adults, teens and children struggling with depression, anxiety, relationship issues, family conflict, behavioral challenges, trauma, pain, loss or any area of difficulty. Psychologists offer expertise in mental health testing and assessment services, including memory testing, disability testing, bariatric testing, ADHD/ADD testing and a wide range of competency assessments.

Burroughs Counseling and Consultation, LLC

5032 S. Bur Oak Place, Suite 205, Sioux Falls, SD

(605) 206-7474

www.burroughscounseling.com

Provides individual, family, group, marital/couple, and play therapy services using EMDR (Eye Movement Desensitization and Reprocessing) and DBT (Dialectical Behavioral Therapy). Has a commitment to seeing a client within 24 hours of receiving a referral.

Catholic Social Services Rapid City - Counseling Services

529 Kansas City Street, Suite 100, Rapid City, SD

(605) 348-6086

www.cssrapidcity.com

Individual, marital, and family counseling with a focus on addiction recovery (treatment needs assessments, individual counseling, relapse prevention), abuse, healthy relationships, unplanned pregnancy, adoption, and birth parents. Offering free counseling services to ranchers and producers facing stressful times.

Christian Counseling & Ministries of the Black Hills

624 6th Street, Suite 207, Rapid City, SD

(605) 342-9333

www.ccmbh.com

Individual, couples, and family counseling for all ages regarding issues of depression, anxiety, grief and loss, recovery, stress, crisis, relationship issues, anger, forgiveness, communication, self-concept, learning disabilities, attention deficit / hyperactive disorder (ADD/ADHD), parenting, and spiritual direction. Provides telemental health (via phone). Preferred that inquiring clients attend the intake appointment in person.

Clarity Counseling, LLC

108 E. 38th Street, Suite 700, Sioux Falls, SD

(605) 231-9308

www.claritycounselingsf.com

Serving clients 12 years of age and older on the topics of abuse, attention deficit / hyperactive disorder (ADD/ADHD), adoption, alcohol abuse, Asperger's syndrome, autism, behavioral issues, bipolar disorder, borderline personality, chronic impulsivity, codependency, coping skills, divorce, domestic abuse, domestic violence, dual diagnosis, eating disorders, family conflict, grief, infertility, infidelity, obsessive compulsive disorder (OCD), oppositional defiance (ODD), parenting, pregnancy, prenatal and postpartum, self-esteem, self-harming, sexual addiction, insomnia, weight loss, and women's issues. Treatment approaches include cognitive behavioral therapy (CBT), family systems therapy,

marital therapy, interpersonal therapy, mindfulness based, motivational interviewing, and solution focused brief counseling.

Clear Minded Counseling

3701 W. 49th Street, Suite 204A, Sioux Falls, SD (605) 681-3345 www.clearmindedcounseling.com

Provides the following services: individual counseling, family counseling, mental health screening, adolescent/youth counseling, parent counseling, child abuse counseling, spouse/intimate partner abuse counseling, child abuse survivor counseling for adults, and Parent-Child Interaction Therapy (PCIT). Both traditional therapy and Parent-Child Interaction Therapy can be conducted through telemental health.

Concordia Mind Health

5000 S. Minnesota Avenue, Suite 300, Sioux Falls, SD (605) 400-9975 www.concordiamindhealth.com

Provides medication management and psychotherapy for adults and adolescents by appointment, to meet the scheduling needs of the patient.

Conrad Counseling & Consulting, LLC

5024 S. Bur Oak Place, Suite 214, Sioux Falls, SD (605) 361-8876 www.conrad15.wix.com/counselandconsult

Individual, couples, and family therapy for all ages. Specializing in therapeutic approaches including cognitive-behavioral (CBT), solution-focused, eye movement desensitization and reprocessing (EMDR), and Integrated EMDR (IEMDR) for chronic pain. Assisting clients facing depression, anxiety, abuse, grief, post-traumatic stress (PTSD), life transition, self-esteem, anger management, attention deficit/hyperactive disorder (ADD/ADHD), and women's issues. Counseling supervision and consultation available. Telehealth available. Initial intake sessions done in person with telehealth as arranged and covered by insurance plan.

Crossroads Counseling Services

809 South Street, Suite 208, Rapid City, SD (605) 430-9521

Individual counseling for ages 8 through 62. Therapeutic approaches include client centered, existential, and cognitive-behavioral. Christian counseling is also offered. Therapy techniques include EMDR, sand tray therapy, play therapy, art therapy, behavior modification, and short-term solution-focused therapy.

Dakota Counseling Institute - CARE Services

910 W. Havens, Mitchell, SD (605) 996-9686 www.dakotacounseling.com

Helping people with a severe and persistent mental illness to live successfully in the community. This program stresses outreach to consumers and the provision of services according to the individual consumer's needs, and is available through Dakota Counseling Institute's Pathway program located in a separate building beside the main office in Mitchell. Each consumer is assigned a case manager who, with the active participation of the consumer, designs an individualized treatment plan outlining the various services which will be provided to reach individualized treatment goals. Examples of services provided are: case management, medication management, crisis intervention, housing assistance, and linkage to appropriate community services.

Dakota Family Medical Center

101 S. Front Street, Chamberlain, SD (605) 234-6584 www.ruralhc.net/chamberlain

Dakota Family Medical Center provides a full range of primary healthcare services including physical exams, chronic disease management, acute illness management, employment and sports physicals, well child exams, children, adolescent and women's health services, immunizations and telemedicine related to medical or mental health needs.

Darla Huffman Counseling Services

6809 S. Minnesota Avenue, Suite 102, Sioux Falls, SD (605) 370-4442 www.darlahuffmancounseling.com

Counseling for individuals, families and couples, working with, but not limited to issues such as depression, anxiety, illness, bereavement, trauma, and abuse. Telehealth services are available. Intake information is required prior to first therapy session; typically, clients come in person for initial appointment, but can be done via phone. Additional location at 809 W. Pipestone Ave., Suite 9 Flandreau, SD.

Discover Wellness

5708 S. Remington Place, Suite 400, Sioux Falls, SD (605) 250-1226 www.discoverwell.co

Individual counseling for adults and young adults. Specialty areas include anxiety, trauma, depression, life change, relationship challenges, post-traumatic stress (PTSD), feeling stuck, family of origin challenges, abuse issues, confidence and self-esteem challenges, fertility challenges, parenting, postpartum anxiety or depression. Therapies available include, but are not limited to eye movement desensitization and reprocessing (EMDR), cognitive behavior therapy (CBT), mindfulness based cognitive therapy (MBCT), and solution focused brief therapy.

Encompass Mental Health, LLC5000 S. Minnesota Avenue, Suite 400, Sioux Falls, SD (605) 275-0009 www.SiouxFallsCounseling.com

Provides play therapy for children with behavior challenges, counseling for women looking for balance and happiness in life and consultation for child care programs to improve the quality of their programs and promote positive behaviors of the children in their care. First session takes place in person, following sessions would be moved to telemental health.

Enso Mental Health, LLC

211 Main Street, Suite 104, Spearfish, SD (605) 519-5850

Specializes in working with adults and teens on a variety of concerns including couples' therapy, grief and loss, trauma, anxiety, depression, general wellness and health, and parenting. Provides individual therapy and marriage/couples therapy. Also, provides faith based counseling, bereavement counseling, Cognitive Behavioral Therapy, terminal illness counseling, LGBTQ counseling, gender identity counseling, hoarding counseling, and domestic violence counseling. Prefer first session in person.

Family Service, Inc. - Counseling Services2210 W. Brown Place, Sioux Falls, SD (605) 336-1974 www.sdfsi.org

Counseling services include helping individuals as young as 5 and families learn to recognize problems, communicate feelings and needs, and change behaviors. Specialized programs include treatment for survivors of physical, emotional and sexual abuse, suicide survivors, senior citizens, marriage issues and parent/child concerns. Preference is to have an in-person intake session, but if this is not an option for clients, then will work with the individual to complete the intake via telemental health.

Footsteps Counseling, LLC - Aberdeen419 Moccasin Drive, Aberdeen, SD (605) 725-2155 www.footstepscounselingaberdeensd.com

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, identity, parent, hoarding, spouse/intimate partner abuse, and adult survivors of child abuse.

Funk Counseling526 Main Street, Lower Level, Spearfish, SD (605) 722-0795 www.funkcounseling.com

Provides individual counseling to children, adolescents and adults. Specialized training in Cognitive Behavioral Therapy (CBT), experiential, and directive play therapy. Also offers trauma-based training for children. Prefer first session in person.

glow - glorious lifestyle-optimal weight1601 E. 69th Street, Suite 103, Sioux Falls, SD (605) 373-9066 www.glowapproach.com

Specializing in food and weight issues; areas of expertise covers the full spectrum of disordered eating including anorexia, bulimia, binge-eating disorder, compulsive / emotional eating, orthorexia, pre- and post-bariatric surgery psychological consultation and counseling, body-image issues, and weight loss coaching. Services provided include individual coaching / counseling, groups and personalized small groups, classes and workshops. Prefer first session in person.

Gossamer Threads Counseling811 E. Saint Andrew Street, Suite 12, Rapid City, SD (605) 209-5513 www.gossamerthreadscounseling.com

Narrative therapy for adults, children and families: a relational therapy that seeks to collaboratively resolve problems and create solutions. Areas of special emphasis include: identity concerns, family dynamic questions, trouble in relationships, recovery from abuse or trauma, marginalization or discrimination, complications in grieving, problems in childhood or with growing up, difficulties with mood, stress, and spiritual problems.

Greg Swenson, PhD929 Kansas City Street, Suite 201, Rapid City, SD (605) 341-5436 www.gregswensonphd.net

Providing individual and marriage counseling from a Christian perspective, and psychological evaluations. Telehealth services available depending on insurance/third party payment or private pay.

Grief Recovery Method, Coaching, and Training

24651 Whitetail Ridge Road, Hermosa, SD (303) 590-4403

The Grief Recovery Method is an evidence-based action program for moving beyond loss and grief.

Haven Counseling LLC625 1/2 Main Street, Suite 1, Rapid City, SD (605) 863-2498 www.havencounselingllc.com

Individual, family, and group counseling for those 18 and older. Areas of focus include: adjustment to living with a brain injury, caregiver concerns and fatigue, adjustment to change and life transitions, grief and loss, depression, anxiety, self-esteem, ADHD, wellness and self-care, women's issues, communication, and stress management.

Heartspace Counseling, LLC

811 E. Street Andrew, Suite 10, Rapid City, SD (605) 484-6030 <http://sdheartspace.com>
Specializing in eating disorders, trauma, depression, anxiety, couples, life changes, spirituality, and aging. Group therapy for youth and adults with disordered eating. First appointment preferred to face to face, but not required.

Heynen Health & Wellness Services

809 South Street, Rapid City, SD (605) 390-8332 www.heatherheyne.com
Offers in-office mental health counseling and therapy, assessment and goal-setting, on-line or in-office life coaching, and consulting. Helps facilitate processes for individuals to reach goals in life through practical direct direction, emotion management, habit change, and skill building.

Highmore Clinic

200 Commercial Avenue S.E., Highmore, SD (605) 852-2238 www.ruralhc.net/highmore
Provides primary healthcare services including physical exams, chronic disease management, acute illness management, employment and sports physicals, well child exams, children and women's health services, immunizations. Telemedicine services related to medical or mental health needs are available.

Human Service Agency - Addiction Services

123 19th Street N.E., Watertown, SD (605) 886-0123 www.humanserviceagency.org
Community mental health center offering the following services: Moral Reconciliation Therapy (MRT) Group for adolescents and adults, Dialectical Behavioral Therapy (DBT), individual counseling, marriage and family counseling, group counseling, Functional Family Therapy, psychotropic medication management, domestic violence evaluations and services, and psychiatric evaluations. Limited Telemental health for addictions and outpatient services is available.

Independent Counseling and Psychotherapy

2101 W. 69th Street, Suite 103, Sioux Falls, SD (605) 214-6855 www.independentcp.com
Mental health therapy focusing on trauma. Also address depression, anxiety and relationship issues.

Integrated Care and Consultation, LLC

4948 E. 57th Street, Sioux Falls, SD (605) 306-3240 <http://yourintegratedcare.com>
Mental health services with a holistic approach. Experience in working with children, adults, marital counseling, family sessions, group sessions, Native Americans, and veterans. Experience in depression, anxiety, PTSD, life coaching, etc.

Jane Webster, LLC

2000 S. Sycamore Avenue, Suite 101, Sioux Falls, SD (605) 261-0819 www.jwebstercounseling.com
Provides individual, couples and family counseling. Treatment specialization includes: therapy for depression and anxiety, couples counseling, family counseling, parenting support, counseling with adolescents, grief counseling, work and career issues, stress management, conflict resolution and spiritual concerns.

Jetson Counseling

1301 W. Omaha Street, Suite 220, Rapid City, SD (605) 718-5500 www.jetsoncounseling.com
Individual, couples, marriage, family, group counseling, and workshops focusing on areas such as co-dependency, trauma, sexuality, depression, anxiety, sexual abuse trauma, mild traumatic brain injury, relationship issues, boundaries, and financial therapy / coaching. Corporate and business consulting for team building, time management, strategic planning, and more.

Jones County Clinic

609 Garfield Avenue, Murdo, SD (605) 669-2121 www.ruralhc.net/murdo
Providing a full range of primary healthcare services including telemedicine services related to medical or mental health needs.

Journey Counseling Services, LLC - Rapid City

811 Columbus Street, Rapid City, SD (605) 988-8131 www.journeycounselingservices.com
Individual, couple, and family therapy for a wide range of mental and behavioral health concerns including anxiety, depression, marital distress, divorce, blended families, parenting challenges, and grief.

Journey Therapy & Neurofeedback Clinic

1500 S. Sycamore, Suite 200, Sioux Falls, SD (605) 351-1545 www.journeysupport.net
 Individual, couples, and family counseling. Staff tailors treatment to support growth and healing. Treatment specializations include depression, anxiety, traumatic experiences/abuse, post-traumatic stress (PTSD), attachment challenges, parenting support, grief and loss, work and career issues, stress management, addiction and recovery, and conflict resolution. Offers BrainPaint Neurofeedback, hypnosis, Eye Movement Desensitization and Reprocessing (EMDR), Parenting group, Nurturing Parenting program, adoption, parent/child relationship, and foster parent support.

Joy of Healing, LLC

515 W. Havens Avenue, Mitchell, SD (605) 291-5669 www.joyofhealingllc.com
 Provides a space to express and process pain, move through the process of grief, and transition toward healing and growth. Assists with a variety of life challenges such as depression, anxiety, trauma and personal growth and transformation. Joy S. Anderson, MA, LPC-MH, ACHT is an advanced clinical hypnotherapist as well as a holistic practitioner.

Kelly Marker

623 Quincy Street, Suite 102, Rapid City, SD (605) 381-4608
 Provides outpatient counseling services for individuals ages 14 through adulthood. Specialties include anxiety, trauma, stress, grief, adolescent issues and compassion fatigue and burnout among professionals. Telemental health services available for existing clients only.

Kennebec Clinic

120 S. Main, Kennebec, SD (605) 869-2872 www.ruralhc.net/kennebec
 The Kennebec Clinic provides a full range of primary healthcare and telemedicine related to medical or mental health needs.

Kristen Ericsson Counseling & Psychotherapy

600 N. Main Avenue, Suite 150, Sioux Falls, SD (605) 270-1057 www.kristenericsson.com
 Works with clients toward personal growth and healing. Areas of specialty include: anxiety, depression, trauma, abuse history, relationship dysfunction, grief, co-dependence, life adjustment, phobias, post-traumatic stress disorder (PTSD), bipolar disorder, and a host of other issues. Therapeutic interventions include cognitive-behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), family therapy, solution focused brief therapy, Adlerian therapy, Gestalt techniques, Gottman Method, couple's therapy, guided imagery, pain management, anger management, and more. Prefer first session in person.

Leah Weins, MS - Marriage & Family Therapy

4410 S. Tennis Lane, Sioux Falls, SD (605) 321-1223 www.leahweins.com
 Counseling for individuals, couples and families; premarital, marital and blended family support with needs such as depression, anxiety disorders, sexual abuse, addiction, vocation & identity exploration, life transitions & adjustment, grief and trauma.

Life Counseling and Coaching, The

526 Main Street (lower level), Spearfish, SD (605) 639-5641
 Provides individual and couples counseling for adults struggling with symptoms of anxiety, depression, grief and trauma as well as difficulties with parenting, relationships and professional burn-out. Offers Life and Success Coaching.

LifeGate Christian Counseling

6820 W. 26th Street, Sioux Falls, SD (605) 929-1060 www.lifegatechristiancounseling.com
 Individual, couple, and family therapy. Providing emotionally focused individual and couple's therapy. Telemental health services only available to clients in South Dakota and Texas. This service is not covered by/available to patients on Medicare/Medicaid.

LifeStages Counseling, LLC

811 E. Saint Andrew Street, Suite 3, Rapid City, SD (605) 388-2163 www.lifestageshelp.com
 Provides counseling to children, adolescents, and their families in the Black Hills area. Issues that are addressed include: ADHD, adoption and foster care, adjustment to life situations, anxiety, anger management, behavioral concerns, coping skills, depression, family conflict, FASD, oppositional defiance, parenting, suicidal ideation, stress management, and trauma (including emotional, physical, and sexual abuse).

Lighthouse Counseling Services

628 Main Avenue, Suite B, Brookings, SD (605) 690-4645

Offers mental health services for adults, couples, children (including adolescents), and families. Specialties include: anxiety, depression, mood disorders, relationship issues, family therapy, children/adolescents, Autism, PTSD, military service or Veteran issues. Helps clients address and treat behavioral, educational, and relationship issues. Trauma Specialist certified in Prolonged Exposure Therapy and Cognitive Processing Therapy.

Lighting A New Way Counseling Services

1500 S. Sycamore Avenue, Suite 102, Sioux Falls, SD (605) 361-0114 www.lightinganewway.com

Individual, couples, and family therapy provided for adults and adolescents. Specialties include the treatment of depression, anxiety, trauma, grief and loss, abuse, ADD/ADHD and post-adoption family and attachment coaching. Also does workshops on various topics.

Linda L. Logan Counseling Services

115 E. Havens Street, Suite 107, Mitchell, SD (605) 999-6162

Provides support, direction, and healing through Cognitive Behavioral Therapy (CBT) for individuals, couples and families. The process is client centered and client driven, collaborating on therapeutic goals and desired outcomes. Provides services including: anxiety and depression management, anger management, young adult transition issues, personal development, adolescent/youth counseling, parent counseling, spouse/intimate partner abuse counseling, and child abuse survivor counseling for adults.

LSS (Lutheran Social Services) Behavioral Health

Statewide (855) 334-2953 www.lsssd.org

Offers individual, couples, family therapy, mental health assessments and evaluations, counseling for victims of crime (including all types of child abuse), and EAP (Employee Assistance Program) counseling.

- **LSS Aberdeen**
 - 110 6th Avenue S.E., Suite 200, Aberdeen, SD
- **LSS Brookings**
 - 752 22nd Avenue, Brookings, SD
- **LSS Milbank**
 - 401 S. Flynn Drive, Milbank, SD
- **LSS Mitchell**
 - 403 N. Lawler Street, Suite 206, Mitchell, SD
 - Second Floor of Wells Fargo Bank
- **LSS Rapid City**
 - 2920 Sheridan Lake Road, Rapid City, SD
- **LSS Sioux Falls (State Office)**
 - 705 E. 41 Street, Sioux Falls, SD
- **LSS Sisseton**
 - 421 3rd Avenue E., Sisseton, SD
- **LSS Sturgis**
 - 1061 Sherman Street, Grace Lutheran Church, Sturgis, SD

Midwest Counseling & Evaluation Services, LLC

6209 E. Silver Maple Circle, Suite 2, Sioux Falls, SD (605) 274-1944 www.midwestcounselingandevaluations.com

Dual Diagnosis Clinician, Private Independent Addiction Counselor.

Mindful DBT, LLC

5708 S. Remington Place, Suite 400, Sioux Falls, SD (605) 321-9906 www.sdmindfuldbt.com

Provides comprehensive DBT (Dialectical behavior therapy) programs for adults that struggle with depression, PTSD, self-harming behaviors and Borderline personality disorder. Telemental health services for DBT group and individual sessions. First session is in person.

Moore Counseling Services

4801 W. 41st Street, Sioux Falls, SD (605) 651-2340 www.moorecounselinggroup.com

Sunnycrest United Methodist Church

Working with children, adolescents, adults, couples, and families wanting to overcome trauma, anxiety, depression, mood disorders, other mental illnesses, relationship issues, marriage counseling, family issues/dynamics, women's issues, domestic violence concerns, and other life challenges. Multiple support groups are always available. Offering faith-based therapy and online counseling services when requested. Life coaching and advocacy services are also available. Specializes in providing counseling for clergy and families working in ministry, as well as helping professionals in the human services and medical field. Preference is to do in-person intake, but can do intake online if in-person is not an option.

New Day Counseling Services, LLC

1320 E. Rushmore Drive, Suite 107, Brandon, SD (605) 582-7418

Client-centered and cognitive behavioral counseling for children, teens, adults, and families. For children, play therapy addresses many issues including physical and sexual abuse, grief and loss, anxiety, depression, recovery from traumatic events, divorce, and foster or adoptive situations. Individual and family counseling for children and teens addresses behavior disorders, family and relationship issues, parenting concerns, substance abuse, eating disorders, self-harming behaviors, chronic mental illness, anxiety, depression, and self-esteem. Utilizing energy balancing and clearing techniques (Emotional Freedom Technique and Matrix Reimprinting) as appropriate to release blocked emotions and energy. Flexible scheduling allows for sessions to be held in the office, home, or other community settings.

New Idea Counseling, LLC2500 W. 49th Street, Suite 202, Sioux Falls, SD (605) 271-2676 <https://newideacounseling.com>

Sessions are available for: pre-teens, adolescents, adults, and elders. Anne is a WPATH Certified Transgender Specialist, collaborating with primary care, endocrinology, and surgical teams across the U.S., including the Mayo Clinic in Rochester, MN and the University of Minnesota. Other areas of advanced specialty training are ADHD and hfASD/Asperger's Syndrome, anxiety, depression, divorce, LGBTQI issues, spirituality, and trauma. Also provides education in TGGD (transgender / gender diverse) care for South Dakota's Sanford School of Medicine, regional healthcare systems, businesses, and professional organizations. In-person intake required, also periodic in-person sessions.

New Perspectives Counseling, LLC1451 6th Street, Brookings, SD (605) 864-6946 www.clearreflections-counseling.com

Provides individual and/or family therapy in the areas such as anxiety, depression, stress management, behavioral issues, school issues, divorce, grief and loss, life transitions, parent education, and trauma. Primary emphasis is working with children, adolescents, and families. Provides treatment using brainspotting techniques. First session preferably in person.

New Trails Ministry11455 Elliot Road Custer, SD (605) 760-3633 <https://newtrailsministries.org>

Alternate: 14 West Mt. Rushmore Road

New Trails works to sort through the challenges and issues in a person's life in an effort to help find a new trail of vitality.

Northeastern Mental Health Center14 S. Main Street, Suite 1E, Aberdeen, SD (605) 225-1010 www.nemhc.org

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 and licensing/training of foster parents.

Northern Plains Psychological5000 S. Minnesota Avenue, Suite 300, Sioux Falls, SD (605) 225-3622 www.northernplainspsych.com

Mental health therapy for adults dealing with depression, anxiety, panic, life transition and adjustment (such as career, mid-life, relationship changes, aging, etc.), coping with chronic, critical, and life threatening illness, grief and loss, trauma, job stress, issues relating to confidence, self-esteem, and empowerment. Mind/body health including mindfulness, meditation, and guided imagery.

- Aberdeen Office: 405 8th Avenue N.W., Aberdeen, SD

Oahe Valley Health Center202 Island Drive, Suite 1, Fort Pierre, SD (605) 223-2200 www.ruralhc.net/about-rhci

Provides a full range of primary healthcare services. Telehealth services for medical or mental health needs are available.

Onida Clinic303 S. Main, Onida, SD (605) 258-2635 www.ruralhc.net/onida

Provides a full range of primary healthcare services. Telehealth services related to medical or mental health needs are available.

Oyate Health Center - Behavioral Health Program3200 Canyon Lake Drive, Suite 1, Rapid City, SD (605) 355-2500 www.GPTCHB.ORG

Individual behavioral health services are offered through Clinic Appointment and Telehealth scheduled appointments. Walk-ins may be available. Provides comprehensive assessment, outpatient child/adult counseling and psychiatric

services, medication management, group and family counseling, community support and education, telepsychiatry consultation, and dual diagnosis treatment.

Practical Christian Counseling, Inc.

1351 Jolly Lane, Rapid City, SD (605) 484-7089 www.practicalcc.com

Counseling from a biblically Christian worldview. Services include counseling for couples, marriage, marriage preparation, parenting, family, adolescents, depression, anxiety, grief, anger, crisis management, decision making, male sex addiction, gambling addiction, self-esteem, adjustment, life/professional coaching. Therapies include CBT, solution-focused, emotionally-focused couples, person-centered, Biblical, and prayer.

Prairie View Prevention Services, Inc. - Student Assistance and Family Education

822 E. 41st Street, Suite 235, Sioux Falls, SD (605) 331-5724 www.prairieview.net

School-based alcohol and drug prevention and intervention counseling services for students and families.

Professional Counseling Associates

740 E. Sioux Avenue, Suite 110, Pierre, SD (605) 224-7247 www.pcacounseling.com

Providing individual, couples and family counseling. Treatment specialization includes: depression and anxiety, panic attacks and phobia, Gottman Method Couples Counseling, social anxiety, sexual problems, relationships issues, medical and health concerns, grief and loss, work and career issues, stress management, addiction & recovery, parenting and family issues, conflict resolution, child and adolescent therapy, anger management evaluation and treatment, Attention Deficit Hyperactivity Disorder (ADHD), sexual assault and domestic violence, Eye Movement Desensitization and Reprocessing (EMDR)/Trauma Focused Cognitive Behavior Therapy (TFCBT).

Project Recovery

625 Flormann Street, Rapid City, SD (605) 340-1234 www.project-recovery.org

Medication-Assisted Treatment (Suboxone, Naloxone, Vivitrol) addressing opioid, alcohol, heroin, and methamphetamine addictions. Physically located in Rapid City, SD, but providing services anywhere in South Dakota via Telemedicine. Medication assisted treatment is the use of FDA-approved medications in combination with counseling and other therapies to provide a whole-patient approach to treatment for substance use disorders (SUD). It is an evidence-based practice and the Gold standard for SUD treatment and overdose prevention.

Psychological Associates of the Black Hills, LLC

1818 W. Fulton Street, Suite 201, Rapid City, SD (605) 348-6500 www.pabh.org

Counseling for individuals, couples, groups, and families for all ages. Services include play therapy, psychological assessments, psychotherapy, relationship counseling and limited neuropsychological assessments. There is paperwork that must be completed and signed prior to the first appointment.

Psychological Associates of Yankton, LLC

2703 Fox Run Parkway, Suite 200, Yankton, SD (605) 665-0258

Mental health service provider in the Yankton area. Provides services including individual counseling, family counseling, couples counseling, play therapy, substance use disorder counseling, mental health screening, psychological assessments, gambling counseling/treatment, grief/bereavement counseling, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), adolescent/youth counseling, terminal illness counseling, LGBTQ counseling, gender identity counseling, custody evaluations, parent counseling, hoarding counseling, child abuse counseling, spouse/intimate partner abuse counseling, child abuse survivor counseling for adults, and mass shooting counseling.

Rapid City Counselors

832 Saint Joseph Street, Suite 204, Rapid City, SD (605) 299-9100 www.rapidcitycounselors.com

Empowering individuals and couples to identify concerns and issues within themselves and their relationships that impede a healthy, productive relationship and lifestyle. Services are offered for individuals, children, adolescents, couples, and families. Research shows that healthy communication in relationships, as well as balancing body, mind, and spirit substantiate and enhance one's ability to live a longer, more fulfilling life.

Rebecca Sather Durr Mental Health Therapist

102 N. Krohn Place, Sioux Falls, SD (605) 988-8737

Works with clients to address a broad range of concerns including depression, anxiety, behavioral problems, relationship & identity issues, life transitions, anger, hoarding, medical diagnosis and trauma. Works with each client to identify strengths and tailor the therapy to their identified learning style. Frequently uses hands on activities, visual demonstrations, writings, drawings, art and games to help illustrate or represent the topic being discussed.

Red Horse Healing

11424 Chimney Canyon Road, Piedmont, SD (605) 441-2038 <http://redhorsehealing.net>
 Equine-assisted psychotherapy for individuals, families, and groups. Specialize in trauma focused cognitive behavioral therapy, solution focused therapy, and youth with problematic sexual behaviors.

Renew Counseling Services

5625 S. Southeastern Avenue, Sioux Falls, SD (605) 271-3441 www.renewcounselingserviceskq.org
 Offering safe and confidential services to engage in a therapeutic journey by providing individual, couple and family services for those experiencing personal, relational and psychological issues. Telehealth services available.

Restored To New Life Services

225 E. 11th Street, Suite 206, Sioux Falls, SD (605) 271-7712 www.newhavensf.org
 Services include: assessments, individual counseling (covering topics including alcohol abuse, drug abuse, compulsive behaviors, chemical dependency, pornography addiction, sexual addiction, and gambling related issues), early intervention services, intensive outpatient treatment (for those struggling with alcohol, drug, and gambling issues), alcohol and drug testing, and aftercare services. Additional services include: marriage counseling and mental health counseling for both adult and youth.

Revival Counseling Services, Inc

4948 E. 57th Street, Sioux Falls, SD (605) 359-0303 <https://revivalcounselingservices.org>
 Individual and couples mental health and chemical dependency counseling to children, adolescents, and adults with a variety of issues including, but not limited to; depression, anxiety, obsessive compulsive disorder (OCD), physical and or sexual abuse, trauma, chemical dependency and other addictions, co-occurring disorders, family issues, behavioral issues, relationship issues, sexual identity, adjustment disorders, career issues, adoption issues, attachment issues, personality disorders, stress management, women's issues, eating disorders, post-traumatic stress (PTSD), and crisis prevention. Offers EMDR (Eye Movement Desensitization and Reprocessing).

RISE Counseling and Consulting, LLC

1801 E. Wells Avenue, Suite 1, Pierre, SD (605) 494-0301 www.riseccsd.com
 Mental health and substance use counseling including but not limited to the following topics: alcohol abuse, anger management, anxiety behavioral issues, borderline personality, career counseling, child or adolescent chronic impulsivity, chronic relapse, codependency coping skills, depression, drug abuse, dual diagnosis, family conflict, gambling, grief, internet addiction, life transitions, parenting, peer relationships, self-esteem, stress, substance abuse, trauma and PTSD, video game addiction, mental health impulse control disorders, and personality disorders. Prefer first session in person.

Rising Hope Counseling LLC – Pierre

420 S. Henry Street, Pierre, SD (605) 494-1500 <https://risinghopepierre.com/>
 Assessments and therapy for individuals of all ages and families. Services address depression, anxiety, season affective disorder, Post Traumatic Stress Disorder (PTSD), suicidal ideation, transgender, men and women's issues, marriage and relationship problems, family problems, divorce, adolescent and child adjustment, physical abuse, emotional abuse, sexual abuse, parent-child conflicts, stress, grief, self-esteem, anger management, conflict resolution, social skills, bully & school issues, major life change and Energy Psychology, Sand tray, Art Therapy, and EMDR Intensive Sand tray Therapy.

- **Rising Hope Counseling LLC – Yankton**

- 1701 Broadway Avenue Suite 5, Yankton, SD (605) 494-1500

Ritzman Counseling Services

3101 W. 41st Street, Suite 201A, Sioux Falls, SD (605) 376-0369 <https://ritzmancounseling.net>
 Individual, family, couples, and play therapy serving children, adolescents, and adults. Specialties include depression, anxiety, trauma, and abuse. Call for information regarding help available for transition of clients who are moving out of state for college or other reasons until they can find a local therapist. In an emergency, helps existing clients via phone or secure email, or anyone in need of immediate help.

Rosebud IHS Hospital

400 Soldier Creek Road, Rosebud, SD (605) 747-2231 www.ihs.gov/greatplains/healthcarefacilities/rosebud/
 Services include: Telemental health for behavioral health - 8:00am to 5:00pm.

Sandra Diedrich, MS, LPC-MH

306 4th Street, Suite C, Brookings, SD (605) 690-9062
 Christian counseling, providing individual, couples (including premarital & divorce recovery), and family therapy in a setting where clients' Christian beliefs will be integrated into the therapeutic process. Services offered include addressing depression, anxiety, stress management and trauma; individual counseling, family counseling, marriage

counseling, divorce counseling, mental health screening, faith based counseling, grief/bereavement counseling, cognitive behavioral therapy, dialectical behavior therapy, sliding fee scale counseling, hoarding counseling, and child abuse survivor counseling for adults.

Sanford Psychiatry and Psychology Clinic

2400 W. 49th Street, Sioux Falls, SD (605) 312-8700 www.sanfordhealth.org
Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy.

Sioux Falls Psychological Services

2109 S. Norton Avenue, Sioux Falls, SD (605) 334-2696 www.offermehope.com
Offers a full range of psychological services including therapy and assessments for children, adolescents, couples, and families.

Sioux Falls Psychological Services - River Counseling Services

610 E. 7th Street, Suite 200, Platte, SD (605) 337-3444 <http://rivercounselingservices.org>
Therapists/counselors provide individual, couples, and family therapy services, as well as a grief support group. Areas of service include: changes and transitions, life stressors, communication and conflict, reconciliation, Emotionally-Focused Couple's Therapy, grief, loss, trauma, anxiety and stress, chronic illness, medical conditions, relationships, co-parenting education, depression, anger issues, pre-marital counseling, adolescents and issues, parental coordination, and home studies. Visit <https://sfpsychological.org/what-we-do/telemental-health-services/> to learn more about the services offered, how the process works, and what is needed.

Sioux Falls Wellness Counseling

5201 S. Western Avenue, Suite 104, Sioux Falls, SD (605) 610-9228 www.siouxfallswellness.com
Substance abuse and mental health counseling for individuals, couples, and families. Issues addressed include, but are not limited to: depression, bipolar, substance abuse and addiction, anxiety, adjustment disorders, self-esteem, trauma, self-injury, personality disorders, stress management, phase of life issues, grief, eating disorders, abuse, anger, co-occurring disorders and relationships. Eye Movement Desensitization and Reprocessing (EMDR) technique available. Not all issues are appropriate to address through distance counseling. Videoconferencing available.

Southeastern Behavioral HealthCare - Counseling and Children's Services

2000 S. Summit Avenue, Sioux Falls, SD (605) 336-0510 <http://southeasternbh.org/>
Incorporating counseling, case management, and family support services, with the goal of assisting in the development of a nurturing and stable family environment in which children may grow.

Southern Plains Behavioral Health Services

500 E. 9th Street, Winner, SD (605) 842-1465 www.spbhs.net
Community outpatient mental health facility. Provides mental health services to children, adolescents and adults. Services include: psychiatric care and evaluations, children's services, case management services, individual, group and family counseling, play therapy, aggression management, common sense parenting, community education and awareness, 24-hour emergency services, and Systems of Care.

- **Gregory Office**
 - 405 Whittecar Street, Gregory, SD (605) 835-8505
- **Mission Office**
 - 153 S. Main Street, Mission, SD (605) 856-4631

Sozo Counseling Care, LLC

3500 S. Phillips Avenue, Suite 121, Sioux Falls, SD (605) 360-2613 www.sozocounselingcare.com
Providing a broad range of counseling services and specialization in trauma, grief, stress, anxiety, depression, and attachment.

Spirals Counseling, LLC

623 Quincy Street, Suite 102, Rapid City, SD (605) 381-5277 www.spiralscounseling.com
Counseling and psychotherapy for individuals, couples, families, and adolescents. Areas of focus include premarital and marriage counseling, grief and loss, anxiety, depression, trauma and post-traumatic stress (PTSD), mind-body connection, mindfulness, stress management, and assertiveness skills. Therapeutic techniques offered include eye movement desensitization and reprocessing (EMDR), systemic family therapy, and Trauma Focused Cognitive Behavioral Therapy (TF-CBT). Intake in person is preferred but not required. Sessions will be billed as cash pay or possibly through insurance if specific company covers telemental health counseling services.

Stacy Gorman, LLC

6809 S. Minnesota Avenue, Suite 103, Sioux Falls, SD (605) 940-6422 www.stacygormancounseling.com

Counseling services for adolescents and adults in the following areas: anxiety, adjustment disorders, depression & mood disorders, premarital preparation, relationship problems, women's issues, abuse issues, family of origin issues, self-esteem & self-confidence issues, trauma, stress management, life transitions, and addiction & substance abuse.

Stanley-Jones Memorial Clinic

116 N. Main Street, Presho, SD

(605) 895-2589

www.ruralhc.net/presho

Provides a full range of primary healthcare services. Telehealth related to medical or mental health needs is available.

Stronghold Counseling Services, Inc.

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

(605) 334-7713

www.strongholdcounseling.com

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 telemental health 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.

- **Sioux Falls Office**
 - 4300 S. Louise Avenue, Suite 201, Sioux Falls, SD
- **Spearfish Office**
 - 1320 North Avenue, Spearfish, SD
- **Yankton Office**
 - 610 W. 23rd Street, Suite 8, Yankton, SD

Suzette Wasvick Counseling Services

280 Main Street, Suite 9, Hill City, SD

(605) 390-8791

www.wasvickcounseling.com

Individuals, couples, and family counseling for children, adolescent, and adults. Counseling to help those who suffer from depression, anxiety, self-harm, post-traumatic stress (PTSD), trauma, suicidal thoughts, grief and loss, and other issues. Provides play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population.

- **Rapid City Office**
 - 2218 Jackson Boulevard, Suite 13, Rapid City, SD

Three Rivers Mental Health & Chemical Dependency Center

11 E. Fourth Street, Lemmon, SD

(605) 374-3862

www.threeriverscounseling.com

A private, non-profit, community-based human services agency service. Therapists, counselors, and case managers provide: individual and family counseling (ex. marriage counseling, Positive Discipline for Children, child custody evaluations, PTSD, anger management, etc.), addiction and dependency services, evaluations and assessments, social learning programs, prevention services and presentations to student and adult groups on a large number of topics. Also offers a library that contains over 1,000 items available for check out.

Outreach offices located in Bison, Faith, McLaughlin, Eagle Butte and McIntosh. Based on presenting individual need, phone and telemental health service may be available. New client intakes must be face to face.

Thrive Counseling and Evaluation

3701 W. 49th Street, Suite 206, Sioux Falls, SD

(605) 277-3232

www.thrivecounselingandevaluation.com

Individual, family and couple's assessment and counseling for mental health and chemical dependency. Issues treated include: anxiety, depression, mood disorders, adjustment disorders, substance abuse disorders, domestic abuse/violence, grief and loss, trauma, relational issues and significant life changes.

Tina Harp Counseling, Inc.

3101 W. 41st Street, Suite 208, Sioux Falls, SD

(605) 759-1516

www.tinaharp.com

Individual, couples and family therapy for all ages with a specialization in Eye Movement Desensitization and Reprocessing (EMDR). Areas of focus include: depression, anxiety, life transitions, post-traumatic stress (PTSD), sexual abuse, grief, and lesbian, gay, bisexual, and transgender population.

Truth & Grace Counseling

125 W. 1st Street, Tea, SD

(605) 777-1898

www.truthgracecounseling.com

Uses multiple therapeutic approaches along with empathy and compassion to help people sort out negative images of themselves. Services offered include: individual counseling, family counseling, play therapy, faith based counseling, Cognitive Behavioral Therapy (CBT), adolescent/youth counseling, parent counseling, child abuse counseling, child abuse survivor counseling for adults, adoption support, attachment disorder, ADHD (Attention Deficit Hyperactivity Disorder), trauma, depression, anxiety, and EMDR (Eye Movement Desensitization Therapy).

Uckert Counseling

619 5th Avenue, Suite 3, Brookings, SD

(605) 592-5300

www.uckertcounseling.com

Providing mental health counseling to individuals. Areas of specialty include using Accelerated Resolution Therapy for anxiety, trauma, and other issues. Other areas of service include adjustments and women's issues. First session is in person.

Visionary Mental Health Services, LLC

412 W. Missouri Avenue, Suite 8, Pierre, SD

(605) 280-9778

www.visionarymentalhealth.com

Services include counseling for individuals, family, marriage, couples, adolescent/youth, parents, LGBTQ. Areas addressed include: grief, substance use, hoarding, spouse/intimate partner abuse, and child abuse survivor for adults. Cognitive Behavioral Therapy (CBT), custody evaluations, and telemental health counseling are available. Also offers a sliding fee scale.

VOA Behavioral Health

1310 W. 51st Street, Sioux Falls, SD

(605) 334-1414

www.voa-dakotas.org

A full continuum of mental health and substance use services for youth (ages 12 - 18, including pregnant teens) and adults. Includes assessments; individual and family counseling, intensive outpatient treatment, inpatient treatment, transitional care and aftercare counseling for adults and adolescents.

Wellfully - Afterschool Addiction Recovery Program

22 Waterloo Street, Rapid City, SD

(605) 718-4870

www.wellfully.org

After-school care for boys and girls ages 10 - 18 meeting intensive outpatient guidelines for addiction recovery treatment. Services offered include: assessment and treatment planning, group and individual therapy, and family night. First session in person.

Wellspring Therapy Center

4301 W. 57th Street, Suite 100, Sioux Falls, SD

(605) 335-1516

www.wellspringtherapysf.com

Individual, couples, and family therapy for the treatment of various adjustment problems and psychological disorders in children, adolescents, and adults. Special areas of expertise include: pain management, stress management, complicated grief and loss, spirituality issues, parenting adult children, chronic illness, anxiety, depression, post-traumatic stress disorder, parent education, abuse, eating disorders, marital infidelity issues and immigration adjustment concerns. Therapeutic methods used include: play therapy, Eye Movement Desensitization and Reprocessing therapy (EMDR), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Emotionally Focused Couple's Therapy (EFT), and psychodynamic therapy.

Youth & Family Services Counseling Center

202 E. Adams Street, Rapid City, SD

(605) 342-4789

www.youthandfamilyservices.org

YFS Counseling Center offers crisis intervention, assessments, counseling, and case management services that help young people and their families overcome challenges and pave the way for an improved quality of life.



If you are from an organization and want to make changes to your listing, or a new organization wanting to get listed, please contact the Helpline Center.