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. To see more guides, go to www.helplinecenter.org/create-guide

Employment

**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.

**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.

**EchoWorks offered at Black Hills Works, Inc.**
800 Mickelson Drive, Western Dakota Tech, Rapid City, SD 57703  
**Hours:** 7:30am - 4:00pm (MT), Monday - Friday  
**Phone:** (605) 718-3000  
**Eligibility:** Open to all  
Employs people with disabilities and provides electronic recycling services to Rapid City and the greater Black Hills region. Accepts electronic devices including but not limited to:  
- computers/laptops  
- keyboards and other components  
- flat screen monitors  
- cell phones  
- tablets  
- DVR’s  
- BluRay, DVD/CD players  
- toner cartridges  
- projection televisions  
Also accepts hard drives which can be shredded. To ensure privacy, hard drives are logged from the point of collection to the point of destruction. The customer can be provided with a certificate of destruction.

**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.)

Job Center offered at Goodwill of the Great Plains
611 Lindbergh Avenue, Rapid City, SD 57701
Hours: 9:00am - 9:00pm (MT), Monday - Saturday 10:00am - 6:00pm (MT), Sunday
Phone: (605) 341-3581
Eligibility: Adults searching for employment
Assists individuals with barriers to employment by providing assistance with job search, applications, interview, computer access, and faxing.

Veteran Outreach Center offered at Volunteers of America, Northern Rockies
111 New York Street, Rapid City, SD 57701
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 341-8336
Eligibility: Veterans
Offers case management, laundry facility, showers and bathrooms, computer access for job searches and resume preparation, phone message and mail center, and snacks. Cooking and Non-Cooking food boxes available.

Stronger Family Program offered at Youth & Family Services
120 E. Adams Street, Suite 100, Rapid City, SD 57701
Website: [www.strongerfamily.org](http://www.strongerfamily.org)  Email: wehelpkids@youthandfamilyservices.org
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 791-5025
Eligibility: Open to all adults
Focuses on strengthening families as a whole by providing curriculum, strategies, and activities that will support healthy marriages, relationships, and families. Participants will develop the skills necessary to build strong relationships and increase their trajectory toward economic stability, mobility, and employability.

Independent Living Assistance offered at Western Resources for Independent Living
909 E. Saint Patrick Street, Suite 4, Rapid City, SD 57701
Website: [www.wril.org](http://www.wril.org)  Email: info@wril.org
Hours: 8:00am - 4:30pm (MT), Monday - Friday
Phone: (888) 434-4943
Eligibility: Open to all individuals of all ages with a significant disability
Western Resources for Independent Living is a center for independent living for all individuals of all ages with disabilities. We are a private non-profit agency with offices in Rapid City, Spearfish & Pierre, serving the people of 17 counties in western and central South Dakota. Independent Living is the right of an individual to make decisions to increase control over one's own life and to be responsible for those choices. Listed below are the 5 Core Services and other services provided.

- Individual & Systems Advocacy program
- Information & Referral Services
- Peer Support
- Independent Living Skills
- Transitions

Other Services Include:
- Home Modifications, Ramps and Adaptive Devices
- Housing: assist with locating affordable housing in the community
- Employment Services: increase knowledge in career research, completing applications, resumes and developing interview skills
- Recreational Services: assist an individual to identify opportunities in the community that provide meaningful leisure time activities and to learn socialization skills
- Technology Adaptive Services TAD: devices that assist an individual to independently communicate
- Commute (Transportation) Options: transportation training, to help understand options and referrals available for transportation
- Youth Transition Services: services for youth 12-24 years old that promote self-awareness, self-esteem, advocacy and self-empowerment skills.
- Security Deposit Assistance Program: low income persons with disabilities and/or the elderly. Other factors include need of security deposit and meeting HUD income eligibility.
- Social Security: assist individuals with applying for SSI/SSDI benefits

Life INC offered at Love INC of the Black Hills
414 E. Omaha, Rapid City, SD 57701
Website: www.loveinconline.com Email: mail@love-inc.us
Hours: Office hours: 8:30am - 4:30pm (MT), Monday - Thursday 8:30am - 12:00noon (MT), Friday
Phone: (605) 718-5683
Eligibility: Classes held in Rapid City, Hill City, and Sturgis; anyone welcome to attend regardless of residency.
A 8-week program (held in Rapid City, Hill City, or Sturgis) with classes on money management, parenting, relationships, nutrition, and Christianity. Ability to earn groceries, haircuts, and other incentives through attendance and homework. Meal, childcare, and transportation provided. Application required.

SD Deaf Resource & Outreach Programs offered at Communication Service for the Deaf, Inc.
2310 N. Maple Avenue, Rapid City, SD 57701
Website: sddrop.org Email: Programs@sddrop.org
Hours: 8:00am - 12:00noon (MT), Monday - Friday (afternoons by appointment)
Phone: (605) 394-6864
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.

Youth and Young Adult Drop-In and Transitional Housing Center offered at Family Connections Center
706 E. Monroe Street, Rapid City, SD 57701
Hours: 1:00pm - 8:00pm (MT), Monday - Sunday
Phone: (605) 716-0422
Eligibility: Youth and Young Adults ages 16-24
Providing a variety of services for youth to access educational, employment, and live independently.

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.

Adult Education/GED/ESL Program offered at Black Hills Special Services Cooperative
730 E. Watertown Street, 730 East Watertown Street, Rapid City, SD 57701
Hours: Front office: 7:30am - 4:00pm (MT), Monday - Friday Evening classes: call the evening line to gain admittance to
class (605) 721-7431
Phone: (605) 394-5120
Eligibility: Open to those 18 years of age and older
The Career Learning Center of the Black Hills provides adult education to individuals 18 years and older to prepare for the
GED and/or brush-up on their educational skills in order to pursue post-secondary education.

Career Learning Center of the Black Hills offered at Black Hills Special Services Cooperative
730 E. Watertown Street, Rapid City, SD 57701
Hours: 8:00am - 4:00pm (MT), Monday - Friday
Phone: (605) 394-5120
Eligibility: Open to all
Offers a variety of education, training, and employment services;including GED preparation and testing. Call for locations in
Spearfish and Belle Fourche.

Vocational Rehabilitation - Rapid City Office offered at South Dakota Department of Human
Services
2330 N. Maple Avenue, Suite 2, Rapid City, SD 57701
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 394-2261
Eligibility: . Individuals with a disability, i.e. a physical or mental impairment which constitutes or results in a substantial
impediment to employment,
. Individuals that can benefit from vocational rehabilitation services in achieving an employment outcome;and
. Require vocational rehabilitation services to prepare for, enter, engage in, or retain gainful employment.
Helps individuals with disabilities to gain and maintain compatible employment in an area of their choice. Services include
vocational counseling and guidance, vocational assessments, training opportunities, on-the-job training, work site
accommodations, and job placement services.

Job Service Office offered at South Dakota Department of Labor and Regulation
2330 N. Maple Avenue, Suite 1, Behind Rushmore Mall, Rapid City, SD 57701
Website: https://dlr.sd.gov/localoffices/rapidcity/default.aspx Email: dlr.rapidcity@state.sd.us
Hours: 8:00am - 5:00pm (MT), Monday - Wednesday, Friday 9:00am - 5:00pm (MT), Thursday
Phone: (605) 394-2296
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.

Service to the Blind and Visually Impaired - Rapid City offered at South Dakota Department of
Human Services
2330 N. Maple, Suite 2, Rapid City, SD 57701
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 394-2261
Eligibility: Must be blind, low vision, or visually impaired and want to obtain or retain employment.
State agency that works with individuals who are blind and or visually impaired in the area of employment and independent
living.
Independent Living Assistance offered at Western Resources for Independent Living
430 Oriole Drive, Suite C, Spearfish, SD 57783
Website: www.wril.org Email: info@wril.org
Hours: 8:00am - 4:30pm (MT), Monday - Friday
Phone: (888) 434-4943
Eligibility: Open to all individuals of all ages with a significant disability
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- Security Deposit Assistance Program: low income persons with disabilities and/or the elderly. Other factors include need of security deposit and meeting HUD income eligibility.
- Social Security: assist individuals with applying for SSI/SSDI benefits

Career Launch SD offered at South Dakota Department of Labor and Regulation
123 W. Missouri Avenue, Pierre, SD 57501
Hours: 8:00am - 5:00pm (CT), Monday - Friday
Phone: (605) 773-3681
Eligibility: High school students and youth ages 14-24
Helps youth ages 14-24 explore education and career options.

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

Independent Living Assistance offered at Western Resources for Independent Living
633 E. Sioux Avenue, Suite 6, Pierre, SD 57501
Website: www.wril.org Email: info@wril.org
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Phone: (888) 434-4943
Eligibility: Open to all individuals of all ages with a significant disability
Western Resources for Independent Living is a center for independent living for all individuals of all ages with disabilities. We are a private non-profit agency with offices in Rapid City, Spearfish & Pierre, serving the people of 17 counties in western and central South Dakota. Independent Living is the right of an individual to make decisions to increase control over one's own life and to be responsible for those choices. Listed below are the 5 Core Services and other services provided.

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- Youth Transition Services: services for youth 12-24 years old that promote self-awareness, self-esteem, advocacy and self-empowerment skills.
- Security Deposit Assistance Program: low income persons with disabilities and/or the elderly. Other factors include need of security deposit and meeting HUD income eligibility.
- Social Security: assist individuals with applying for SSI/SSDI benefits

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.

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
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.

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.

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.)

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.
Preschool Scholarships offered at Starting Strong Rapid City
3645 Sturgis Road, Suite 110, Rapid City, SD 57702
**Hours:** 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday
**Phone:** (605) 342-6464
**Eligibility:** 3 and 4 year old children
Provides preschool scholarships to children from economically disadvantaged families in Rapid City. Children that receive scholarships can choose from 5 different area preschools.

Child Seat Distribution Program offered at South Dakota Child Safety Seat Distribution Program
3645 Sturgis Road, Suite 110, West Region Distributing Agency - Early Childhood Connections, Rapid City, SD 57702
**Website:** [https://dss.sd.gov/childcare/childsafetyseat/](https://dss.sd.gov/childcare/childsafetyseat/)  
**Email:** ecconn@rushmore.com
**Hours:** 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday  
Call to schedule an appointment to ensure seat availability.
**Phone:** (888) 999-7759
**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.

Birthright of Rapid City offered at Birthright
2002 5th Street, Rapid City, SD 57701
**Website:** [www.facebook.com/profile.php?id=100070412975938](https://www.facebook.com/profile.php?id=100070412975938)  
**Email:** rapidcity@birthright.org
**Hours:** 12:00noon - 4:00pm (MT), Monday, Wednesday, Friday
**Phone:** (605) 343-1732
**Eligibility:** Open to all
Provides women free and confidential pregnancy tests, emotional support, prenatal information, and referrals.

Mommy's Closet offered at Volunteers of America, Northern Rockies
111 New York Street, Rapid City, SD 57701
**Hours:** 11:00am - 4:00pm (MT), Monday, Tuesday, Thursday, Friday
**Phone:** (605) 341-8336
**Eligibility:** Parents and guardians of children under age 5 who are in an emergency need of basic baby items.
Provides case management services to parents and guardians of children under 5 to problem-solve areas surrounding housing, education, employment and general finances. Provides diapers, wipes, child safety seats, clothing and formula.

Community Outreach offered at Volunteers of America, Northern Rockies
111 New York Street, Rapid City, SD 57701
**Hours:** 8:00am - 5:00pm (MT), Monday - Friday
**Phone:** (605) 341-8336
**Eligibility:** Open to all
Offers access to crisis intervention, emergency resources, and case management support for those living in poverty. Some diapers, formula, and children's clothing available dependent on community donations.

Car Seat Safety offered at Sue Jarvis, CPST
No Physical Location, Hill City, SD 57745
**Hours:** Flexible. Text message to schedule.
**Phone:** (605) 430-2704
**Eligibility:** Open to all
Assists with car seat installation and inspections.

Pregnancy Resources offered at Black Hills Pregnancy Center
1774 Center Street, Suite 1, Rapid City, SD 57703
Feel free to share this information, we ask that you credit the Helpline Center as your source.

**Website:** blackhillspregnancycenter.com  
**Email:** blackhillspregnancycenter@gmail.com  
**Hours:** 9:00am - 5:00pm (MT), Monday - Friday  
**Helpline:** 24 hours a day / 7 days a week  
**Phone:** (605) 341-4477  
**Eligibility:** Open to all  
Provides all services free: pregnancy testing, limited ultrasound, pre-natal vitamins, local support, community referrals, maternity and infant clothing, and parenting classes.

**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:** RCCustomerssupport@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.

**Earn While You Learn offered at Bella Pregnancy Resource Center**  
119 E. Grant Street, Suite 2, Spearfish, SD 57783  
**Website:** www.bellapregnancy.com  
**Email:** info@bellapregnancy.com  
**Hours:** 12:00noon - 5:00pm (MT), Monday, Wednesday 10:00am - 3:00pm (MT), Tuesday, Thursday  
**Phone:** (605) 642-4140  
**Eligibility:** Any expectant parent or any parent who has an infant or toddler  
An educational program designed to help parents become the best parents they can be, while at the same time giving them the opportunity to earn some of the items necessary to meet the physical needs of their babies.

As parents learn valuable information on pregnancy care and parenting skills, they earn Mommy Money and Man Bucks to use in the Baby Boutique for items such as clothing, furniture, and baby items.

**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**  
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.

**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
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:  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.

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

Counseling Services offered at Jetson Counseling
1301 W. Omaha Street, Suite 220, Rapid City, SD 57701
Website:  www.jetsoncounseling.com  
Email:  jetsond@yahoo.com  
Hours:  9:00am - 6:00pm (MT), Monday - Wednesday Workshops, trainings, and paid speaking engagements are available Thursday - through Sunday  
Phone:  (605) 718-5500  
Eligibility:  Open to all  
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, trainings and more. For more information visit https://livingtrueinc.com

Financial and Housing Counseling offered at Consumer Credit Counseling Service of the Black Hills
2310 N. Maple Avenue, Rapid City, SD 57701
Website:  www.cccsbh.com  
Email:  info@cccsbh.com  
Hours:  8:00am - 5:00pm (MT), Monday, Tuesday, Thursday 8:00am - 8:30pm (MT), Wednesday 8:00am - 3:00pm (MT), Friday  
Phone:  (605) 348-4550  
Eligibility:  Open to all  
Counseling services helps individuals develop a plan to address their financial situation by reviewing income, budget, and current creditors. Debt Management can lower debt payments and variety of education programs help consumers make informed financial decisions. Also has housing counseling and bankruptcy services.

Feel free to share this information, we ask that you credit the Helpline Center as your source.
Debt Management offered at Consumer Credit Counseling Service of the Black Hills
2310 N. Maple Avenue, Rapid City, SD 57701
Website: www.cccsbh.com  Email: info@cccsbh.com
Hours: 8:00am - 5:00pm (MT), Monday, Tuesday, Thursday 8:00am - 8:30pm (MT), Wednesday 8:00am - 3:00pm (MT), Friday
Phone: (605) 348-4550
Eligibility: Open to all
Provides lower debt payments and many creditors reduce interest rates and eliminate late fees. Through the Debt Management Program, make one payment which is then disbursed to all creditors on the program.

Financial Education offered at Consumer Credit Counseling Service of the Black Hills
2310 N. Maple Avenue, Rapid City, SD 57701
Website: www.cccsbh.com  Email: info@cccsbh.com
Hours: 8:00am - 5:00pm (MT), Monday, Tuesday, Thursday 8:00am - 8:30pm (MT), Wednesday 8:00am - 3:00pm (MT), Friday
Phone: (605) 348-4550
Eligibility: Open to all
CCCS offers a variety of education programs and information to help you make informed financial decisions and live better. Available classes include:
-Credit When Credit Is Due: A 6 hour financial education course that covers all aspects of credit and borrowing. The course teaches people how to better manage their money and steps to take to improve their credit score. Graduates of the course receive information to send to the credit bureaus to add a positive statement on their credit reports.
-Make Your Move: An educational program for anyone looking to purchase a home or refinance a home. Make Your Move takes a complicated subject and makes it simple. This course meets HUD guidelines. You will learn all about the home buying process.
-The Ins and Outs of Renting: A 2 hour rental education course for anyone already renting or looking to rent. Learn the rights and responsibilities of being a renter, what questions you should ask before renting, and tips to get the right rental for you.

Black Hills Community Loan Fund, Inc. offered at Black Hills Community Loan Fund
1764 Centre Street, Suite 1, Rapid City, SD 57703
Website: www.bhclf.org  Email: info@bhclf.org
Hours: Office hours: 8:00am - 4:30pm (MT), Monday - Friday
Phone: (605) 519-5124
Eligibility: Must be 18 or older, gainfully employed at least 6 months and a resident in either Butte, Custer, Fall River, Meade or Pennington Counties
BHCLF is a resource for Financial education and literacy. BHCLF hosts Financial Skills for Families classes, Pathways to Homeownership and Indianpreneurship a program designed to guide one through the business plan writing process.

Human Services offered at Pennington County
321 Kansas City Street, Suite 100, Care Campus, Rapid City, SD 57701
Hours: Office hours: 6:30am - 5:00pm (MT), Monday - Friday (excluding holidays)
Phone: (605) 394-2156
Eligibility: Pennington County residents who meet the eligibility criteria established in state statute and county guidelines. Eligibility based assistance with rent, utilities, transportation for work or medical appointments, pre-approved medical expenses including most prescription medications, emergency hospitalization, and qualified burial or cremation expenses.

Debt Management offered at Pioneer Credit Counseling
1644 Concourse Drive, Rapid City, SD 57703
Website: www.pioneercredit.com  Email: service@pioneercredit.com
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 348-1608
Eligibility: Open to all
Pioneer Credit Counseling is a bonded, non-profit credit counseling agency offering debt management programs, financial counseling, bankruptcy counseling and housing counseling.
**Neighborworks Dakota Home Resources**
795 Main Street, Deadwood, SD 57732
Website: www.neighborworksdhr.org  
Email: info@nwdhr.org

**Hours:** 8:00am - 12:00noon; 1:00pm - 5:00pm (MT), Monday - Friday  
Summer hours (Memorial Day - Labor Day): 8:00am - 5:00pm (MT), Monday - Thursday; 8:00am - 12:00noon, Friday

**Phone:** (605) 578-1401

**Eligibility:** Low to moderate income residents of western South Dakota
Helping families, buy, fix, and keep their homes through credit counseling, home-buyer education, foreclosure prevention, down payment and closing cost assistance.

**Housing Authority offered at Oglala Sioux Tribe Partnership for Housing, Inc.**
4 Fraggle Rock Street, Pine Ridge, SD 57770
Website: ostpartnershipforhousing.info  
Email: ostph@yahoo.com

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

**Phone:** (605) 867-1555

**Eligibility:** Open to all
Provides the following services:
- Housing counseling
- Credit counseling
- Support services and referrals
- Veterans' assistance
- Homebuyer programs
- Rehab assistance
- Food security assistance
- Small business counseling
- Financial literacy and homebuyer education
- After school nutrition program
- Construction trades and skills training
- Coordinating homebuying experience from intake to closing
- COVID-19 community food and essentials relief
- Homeless outreach services and relief

**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

**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.
Homeownership 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.

**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.

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

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

Food Pantry offered at Lamb Chop Ministries
4813 S. Canyon Road, Freedom Motorcycle Church, Rapid City, SD 57702
Hours: 9:00am - 3:00pm (MT), Monday - Friday
Phone: (520) 300-1093
Eligibility: Open to all who are currently working.
Provides the following to help supplement income: meats, fresh vegetables, fruit, milk, eggs, and canned goods.

Meals on Wheels Western South Dakota
1621 Sheridan Lake Road, Suite C, Meals on Wheels Main Office, Rapid City, SD 57702
Hours: Call (605) 394-6002 for hours Meals are not served on the following holidays: New Years Day, Martin Luther King Day, President's Day, Memorial Day, 4th of July, Labor Day, Veteran's Day, Thanksgiving Day and the Friday following Thanksgiving Day, and Christmas Day.
Phone: See Description for Specific Site Numbers
Eligibility: Seniors, 60 years and older
Weekday lunches to seniors (60+) in congregate settings, and delivered to homes in many towns.

Street Outreach Program offered at Journey On
No Physical Address, Rapid City, SD 57709
Website: journeyon-rapidcity.org Email: journeyon2022@gmail.com
Hours: 8:30am - 10:30pm (MT), Monday - Friday 12:00noon - 9:00pm (MT), Saturday
Phone: (605) 519-1066
Eligibility: Houseless/unsheltered or at risk of becoming unsheltered.
Delivers daily outreach for the distribution of basic necessities of:
- food and water
- clothing
- blankets
- hygiene products
- personal protective equipment
- assessments and access to appropriate health care
- crisis intervention
- service referrals
- transportation

Serves individuals who are houseless/unsheltered or at risk of becoming houseless, who could benefit from supportive interactions with credible messengers who understand their challenges.

Home-Based Head Start offered at Youth & Family Services
1920 N. Plaza Boulevard, Rapid City, SD 57702
Website: www.youthandfamilyservices.org Email: wehelpkids@youthandfamilyservices.org
Hours: 8:00am - 4:00pm (MT), Monday - Friday
Phone: (605) 342-4195
Eligibility: Expectant parents and children (birth to age 5) and their family members who meet income guidelines.
YFS Home-Based Head Start is a no-cost, parent-focused educational program that serves income-eligible families with children, birth to age 5, and expectant parents.

**Food Program offered at Fork Real Community Cafe, Inc.**
324 St. Joseph Street, Rapid City, SD 57701
**Hours:** Breakfast: 8:30am - 1:30pm (MT), Tuesday - Friday; 8:30am - 11:30am (MT), Saturday Lunch: 11:00am - 1:30pm (MT), Tuesday - Friday Office hours: 9:00am - 3:00pm (MT), Tuesday - Friday
**Phone:** (605) 718-5020
**Eligibility:** 14 years of age or older
A non-profit, pay-what-you-can cafe. People may donate for the meals by cash, credit or volunteer an hour for their meal.

**Worship Services/Church Activities offered at Open Heart United Methodist Church**
202 E. Indiana Street, Rapid City, SD 57701
**Website:** [www.openheartumc.org](http://www.openheartumc.org)  
**Email:** openheartumc@gmail.com
**Hours:** 9:30am - 12:30pm (MT), Tuesday - Friday
**Phone:** (605) 343-1813
**Eligibility:** Open to all
Free Little Pantry - located in front of the church, on the lawn. Accessible 24 hours a day / 7 days a week.

Offers Youth Sunday School Programs.

During the school year, there is a children's Sunday School for pre-K through 5th grade, 11:00am, and Youth and Adult Bible Study on Tuesday nights at 6:30pm.

Monthly meal on the 2nd Tuesday of each month at 6:00pm, free and open to the public.

**Meal Service offered at Cornerstone Rescue Mission**
30 Main Street, Rapid City, SD 57701
**Hours:** Breakfast: 7:30am - 8:00am (MT), Monday - Friday 8:30am - 9:00am (MT), Saturday - Sunday (and holidays) Lunch: 12:30pm - 1:00pm (MT), Monday - Saturday 1:30pm - 2:00pm (MT), Sunday (and holidays) Dinner: 6:00pm - 6:30pm (MT), Monday - Sunday
**Phone:** (605) 341-2844
**Eligibility:** Open to all
Serves 3 free meals a day: Breakfast - only serving shelter guests (not open to the public) Lunch - Open to the public Dinner - Open to the public

**Church Response**
30 Main Street, Same building as Cornerstone Rescue Mission, Rapid City, SD 57701
**Email:** [churchresponsepantry@gmail.com](mailto:churchresponsepantry@gmail.com)
**Hours:** 9:00am - 12:00noon; 1:00pm - 4:00pm (MT), Monday - Friday
**Phone:** (605) 342-5360
**Eligibility:** Open to all people with low income
Food Assistance: Groceries and past due utilities.

**Food Pantry offered at Mother Butler Center Food Pantry**
221 Knollwood, Mother Butler Center, Rapid City, SD 57701
**Website:** [www.rapidcitydiocese.org](http://www.rapidcitydiocese.org)  
**Email:** stisaac@rushmore.com
**Hours:** 11:00am - 2:00pm (MT) Monday - Friday
**Phone:** (605) 343-2165
**Eligibility:** Open to all
Food pantry for Pennington County.

**Boys & Girls Club offered at Boys & Girls Clubs of the Black Hills**
297 Walnut Avenue, Hill City, SD 57745
The Club is open year round with a summer program that provides a safe, fun place for children. Benefits include swimming lessons, outdoor activities, and hands-on reading, math, science activities (STEM) to keep young minds engaged out of school and lessen the summer learning gap.

**Emergency Services offered at Salvation Army of the Black Hills**

405 N. Cherry Avenue, 405 N. Cherry Ave., Rapid City, SD 57701

**Hours:** Emergency Food Box: 1:00pm - 4:00pm (MT), Monday - Friday Clothing & Household Vouchers: 1:00pm - 4:00pm (MT), Monday - Friday Utility Assistance: By appointment only. Call to make an appointment.

**Phone:** (605) 342-0982

**Eligibility:** Open to all

Serving the Rapid City area through various services, including food programs, worship and spiritual development, material and seasonal assistance, Pathway of Hope, and more.

**Food Pantry offered at Hill City Community Food Pantry, The**

525 Main Street, Little White Church, Hill City, SD 57745

**Email:** office@thelittlewhitechurch.net

**Hours:** 9:00am - 11:00am (MT), Monday and Friday

**Phone:** (605) 574-2426

**Eligibility:** Open to those in need

Food pantry serving Hill City, Keystone, and Custer. Available 9:00am - 11:00am (MT), Monday and Friday

**Adventist Food Pantry offered at Rapid City Seventh-Day Adventist Church**

1636 Concourse Court, Rapid City, SD 57703

**Website:** https://rapidcitysd.adventistchurch.org

**Email:** rapidsda@gmail.com

**Hours:** 10:00am - 2:00noon (MT), Monday - Thursday *Open by appointment only

**Phone:** (605) 503-1279

**Eligibility:** Open to all

Emergency food pantry.

**Boys & Girls Club offered at Boys & Girls Clubs of the Black Hills**

845 Miners Avenue, Handley Recreation Center, Lead, SD 57754

**Website:** www.BGCBlackHills.org

**Email:** bgcbh@bgcblackhills.org

**Hours:** School year hours: 3:00pm - 7:00pm (MT), Monday - Friday

**Phone:** (605) 584-1113

**Eligibility:** Club Membership grades K-12; Teen Center open to Middle & High School age Club Prep Pre-K program ages 3 - 6
A youth organization that provides a safe place for kids to go after school. Youth are provided with:
- A snack
- Power Hour: homework help and tutoring
- Guided activities about: character and leadership, education and career skills, and health and life skills, arts and crafts, and fitness and recreation.
- Organized sports programs
- Project Learn: high-yield learning activities
- Triple play / Healthy Habits: healthy living and active living
- Youth For Unity: education program to combat prejudice and discrimination
- Teen center

The Club is open year round with a summer program that provides a safe, fun place for children. Benefits include swimming lessons, outdoor activities, and hands-on reading, math, science activities (STEM) to keep young minds engaged out of school and lessen the summer learning gap.

**Food Pantry offered at City of New Underwood**
423 S. A Avenue, New Underwood, SD 57761
**Hours:** 8:00am - 2:00pm (MT), Monday - Thursday Other times as necessary
**Phone:** (605) 754-6777
**Eligibility:** Open to all

Dry food goods are donated to the Food Pantry located at City Hall. Anyone needing food can take what they need/want.

**Boys & Girls Club offered at Boys & Girls Clubs of the Black Hills**
105 N. River Street, Hot Springs, SD 57747
**Website:** [www.BGCBlackHills.org](http://www.BGCBlackHills.org)  **Email:** bgcbh@bgcblackhills.org
**Hours:** School year hours: 3:00pm - 6:30pm (MT), Monday - Friday Summer hours: 7:30am - 5:30pm (MT), Monday - Friday
**Phone:** (605) 745-8000
**Eligibility:** Club Membership grades K-12; Teen Center open to Middle & High School age Club Prep Pre-K program ages 3 - 6

A youth organization that provides a safe place for kids to go after school. Youth are provided with:
- A snack
- Power Hour: homework help and tutoring
- Guided activities about: character and leadership, education and career skills, and health and life skills, arts and crafts, and fitness and recreation.
- Organized sports programs
- Project Learn: high-yield learning activities
- Triple play / Healthy Habits: healthy living and active living
- Youth For Unity: education program to combat prejudice and discrimination
- Teen center

The Club is open year round with a summer program that provides a safe, fun place for children. Benefits include swimming lessons, outdoor activities, and hands-on reading, math, science activities (STEM) to keep young minds engaged out of school and lessen the summer learning gap.

**Food Pantry offered at Country Cupboard/Food Pantry**
505 Glenn Street, Wall, SD 57790
**Hours:** Summer Hours (May - August): 9:00am - 11:00am and 5:00pm - 7:00pm (MT), 3rd Wednesday of the Month 9:00am - 11:00am, 3rd Saturday of the Month Winter Hours (September - May): 1:00pm - 4:00pm (MT), 1st, 2nd, and 3rd Wednesdays of the month 9:00am - 11:00am (MT), 2nd and 3rd Saturday of the month
**Phone:** (605) 279-2453
**Eligibility:** Anyone in Wall and Philip service areas.

The Country Cupboard is a food pantry for those in Wall and Philip service areas. The pantry has no income guidelines.

**Rapid City Food Calendar offered at Helpline Center - Resource Guides**
No Physical Address, Rapid City, SD 57701
**Hours:** Available online 24 hours a day / 7 days a week
Phone: 2-1-1
Eligibility: Open to all
The Rapid City Food Calendar contains information about reoccurring meals, food pantries and food giveaways.

**Statewide Mobile Food Distribution Program offered at Feeding South Dakota**
Sioux Falls, SD 57105
*Website:* www.feedingsouthdakota.org/mobile  *Email:* info@feedingsouthdakota.org
*Hours:* Find locations and schedules on website.
*Phone:* (605) 335-0364
Eligibility: When picking up food, guests will be asked to register their household and self-declare their income. Distributes free food to individuals and families. Visit website to see list of location dates/times in your area.

**The Dysphagia Outreach Project offered at Dysphagia Outreach Project, The**
300 W. Carolina Avenue, Suite 9, Ruston, LA 71270
*Website:* 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)

**Clothing**

**Thrift Store offered at Cornerstone Rescue Mission**
401 11th Street, Rapid City, SD 57701
*Website:* www.cornerstonemission.org  *Email:* tsadmin@cornerstonemission.org
*Hours:* 11:00am - 5:00pm (MT), Tuesday - Friday 9:00am - 5:00pm (MT), Saturday
*Phone:* (605) 716-2768
Eligibility: Open to all
Offers clothing, furniture, household goods, and more available for purchase.

**Thrift Store offered at Goodwill of the Great Plains**
611 Lindbergh Avenue, Rapid City, SD 57701
*Website:* www.goodwillgreatplains.org  *Email:* rcm@goodwillgreatplains.org
*Hours:* 9:00am - 9:00pm (MT), Monday - Saturday 10:00am - 6:00pm (MT), Sunday
*Phone:* (605) 737-3955
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**
611 Lindbergh Avenue, Rapid City, SD 57701  
**Website:** [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  
**Email:** marketing@goodwillgreatplains.org  
**Hours:** 9:00am - 1:00pm (MT), Saturday, December 2, 2023  
**Phone:** (605) 737-3955  
**Eligibility:** Families with children ages 5-11.
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

**Thrift Store offered at We Care Rapid City, Inc.**  
401 E. Boulevard North, Rapid City, SD 57701  
**Website:** [www.facebook.com/WeCareThriftRapidCity](http://www.facebook.com/WeCareThriftRapidCity)  
**Email:** wecarrapidcity@gmail.com  
**Hours:** 9:30am - 5:30pm (MT), Tuesday - Saturday 11:00am - 5:00pm (MT), Sunday  
**Phone:** (605) 716-0256  
**Eligibility:** Open to all  
Offers clothing for sale. Vouchers provided as available (identification required).

**Community Connect & Regifting Event offered at Black Hills Regional Homeless Coalition**  
231 Knollwood Drive, Rapid City, SD 57701  
**Hours:** 9:00am - 3:00pm (MT), Thursday, November 16, 2023  
**Phone:** (801) 231-3998  
**Eligibility:** Open to all  
FREE gently used clothing, household items, and much more! Everyone is invited to shop. No income requirements. There will be other social service agencies present to assist with other resources for participants as well.

Event Details  
- Event Date: Thursday, November 16, 2023  
- Time: 9:00am - 3:00pm (MT)  
- Location: Mother Butler Center, 231 Knollwood Drive

**Thrift Store offered at Salvation Army of the Black Hills**  
621 E. St. Patrick Street, Rapid City, SD 57701  
**Hours:** 9:00am - 5:00pm (MT), Monday - Saturday  
**Phone:** (605) 342-8849  
**Eligibility:** Open to all  
Offers gently used items for sale at bargain prices. Vouchers available at the Salvation Army Social Services Center.

**Clearinghouse offered at Love INC of the Black Hills**  
414 E. Omaha, Rapid City, SD 57701  
**Website:** [www.loveinconline.com](http://www.loveinconline.com)  
**Email:** mail@love-inc.us  
**Hours:** 9:00am - 12:00noon (MT), Tuesday - Friday  
**Phone:** (605) 718-5683  
**Eligibility:** Vary by program; see description  
Earn household items (pots, pans, plates, silverware, linens, or furniture) by volunteering.

**Rapid City Clothe-a-Kid offered at Love INC of the Black Hills**  
414 E. Omaha, Rapid City, SD 57701  
**Website:** [https://loveinconline.com/clothe-a-kid/](https://loveinconline.com/clothe-a-kid/)  
**Email:** mail@love-inc.us  
**Hours:** Assistance calls accepted: 9:00am - 12:00noon (MT), Tuesday - Friday  
See description for sign up information.  
**Phone:** (605) 718-5683
Eligibility: Participants must graduate from a Life INC class to receive Clothe-A-Kid award (cannot miss more than 1 night of class). Participants must also be willing to go shopping with a Love INC volunteer who can assist with kids and shopping during the experience. Clothe-A-Kid assists families in need or struggling financially to obtain school clothing. Participants can earn a $200.00 shopping experience at Kohl's by graduating from Life INC classes any quarter of the year (NOT summer only!). Participants must provide official documents providing guardianship of children ages 5 - 18.

**Household Items offered at Western South Dakota Community Action**
1844 Lombardy Drive, Rapid City, SD 57703
Website: [www.wsdca.org](http://www.wsdca.org)  
Email: info@wsdca.org  
Hours: Office hours: 8:00am - 4:30pm (MT), Monday - Friday  
Direct services hours: 9:00am - 12:00noon;12:30pm - 4:00pm (MT), Monday - Thursday  
9:00am - 12:00noon;12:30pm - 3:00pm (MT), Friday  
Phone: (605) 348-1460  
Eligibility: Call for information. Personal care items are available for income eligible clients who are currently signed up.  
A private, non-profit, anti-poverty corporation whose purpose is to make a positive impact upon the causes and effects of poverty. This agency operates the following programs:  
-Air Conditioners - Must be income eligible (125%), be signed up at the agency and have a medical statement stating they need an AC. Also cannot have received one in the last 3 years. Distribution is primarily in June of each year. Please call for an appointment.  
-Medical Equipment Lending - Available for those in need of bathtub seats, shower and tub rails.  
-Thrift Store - Low cost items with proceeds going to fund free food and special projects. 9:00am - 4:00pm, Monday - Friday.

**Employment Support offered at Western South Dakota Community Action**
1844 Lombardy Drive, Rapid City, SD 57703  
Website: [www.wsdca.org](http://www.wsdca.org)  
Email: wsdcap@rapidcity.com  
Hours: Office hours: 9:00am - 4:00pm (MT), Monday - Friday  
Phone: (605) 348-1460  
Eligibility: Call for information  
This program offers grants up to $250.00 which enables clients to accept work that requires tools, uniforms, licensees, etc.

**Thrift Store offered at Club for Boys, The**
960 Cambell Street, Rapid City, SD 57701  
Website: [www.theclubforboys.org](http://www.theclubforboys.org)  
Email: contact@theclubforboys.org  
Hours: Store Hours: 9:00am - 6:00pm (MT), Monday - Friday  
9:00am - 5:00pm (MT), Saturday  
Donation Drop Off: 9:00am - 1:00pm (MT), Monday - Saturday  
Phone: (605) 341-8878  
Eligibility: Open to all  
Offers low cost household goods, clothing, furniture, and more.

**Thrift Store offered at Goodwill of the Great Plains**
611 Timmons Boulevard, Rapid City, SD 57703  
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  
Email: rcm@goodwillgreatplains.org  
Hours: 9:00am - 9:00pm (MT), Monday - Saturday 10:00am - 6:00pm (MT), Sunday  
Phone: (605) 791-1071  
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.

**Twin City Clothing Center**
306 W. Main Street, Lead, SD 57754  
Hours: 10:00am - 4:00pm (MT), Monday, Friday 12:00noon - 6:00pm (MT), Wednesday  
Phone: (605) 717-0739  
Eligibility: Open to all
A volunteer based organization that collects and processes clothing and household goods for placement in a free-cycling setting resembling a retail store. All items are free; if someone can make a monetary donation, there is a box for that, but it is not required.

There are no restrictions as to who may acquire goods from the store as its primary goal is to relieve the stigma of poverty and conserve the earth through recycling.

Donations for the thrift store are accepted, except for mattresses or large furniture items such as; appliances and large tables.

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

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

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

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

**Shoe and Mitten Program offered at Goodwill of the Great Plains**
1415 W. Haven, Unit 6, Mitchell, SD 57301  
Website: [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)    Email: marketing@goodwillgreatplains.org  
Hours: 2:00pm - 4:00pm (CT), Saturday, December 9, 2023  
Phone: (605) 996-3640  
Eligibility: Families with children ages 5-11.  
This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

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

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

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

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

**Shoe and Mitten Program offered at Goodwill of the Great Plains**
625 Main Avenue, Brookings, SD 57006  
**Website:** [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  
**Email:** marketing@goodwillgreatplains.org  
**Hours:** 4:00pm - 6:00pm, Tuesday, December 12, 2023  
**Phone:** (605) 692-2085  
**Eligibility:** Families with children ages 5-11.

This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

**Shoe and Mitten Program offered at Goodwill of the Great Plains**
3400 S. Norton Avenue, Sioux Falls, SD 57105  
**Website:** [www.goodwillgreatplains.org](http://www.goodwillgreatplains.org)  
**Email:** marketing@goodwillgreatplains.org  
**Hours:** 9:00am - 1:00pm (CT), Saturday, December 16, 2023  
**Phone:** (605) 731-1930  
**Eligibility:** Families with children ages 5-11.

This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

**Shelters**

**Where All Women are Honored - Winyan Wicayuonihan Oyanke offered at Where all Women are Honored - Winyan Wicayuoniahn Oyanke**
2218 Jackson Boulevard, Suite 6, Rapid City, SD 57701  
**Hours:** 24 hours a day / 7 days a week  
**Phone:** (605) 391-2609  
**Eligibility:** Open to all; serving victims of intimate partner violence (IPV), Sexual Assault, Human Trafficking and Teen Dating Violence.  
Services provided:  
- Outreach Advocacy  
- 24-Hour Crisis Line  
- Women's Support Group  
- Women's Re-education  
- Men's Re-education  
- Emergency items  
- Respond to emergency 911 calls with public safety or at the hospital  
- Protection Orders

**Men's Shelter offered at Cornerstone Rescue Mission**
30 Main Street, Rapid City, SD 57701  
**Hours:** Breakfast: 7:30am - 8:00am (MT), Monday - Friday 8:30am - 9:00am (MT), Saturday - Sunday (and holidays) Lunch: 12:30pm - 1:00pm (MT), Monday - Saturday 1:30pm - 2:00pm (MT), Sunday (and holidays) Dinner: 6:00pm - 6:30pm (MT), Monday - Sunday  
**Phone:** (605) 341-2844  
**Eligibility:** Open to males 18 years or older unless accompanied by a verifiable guardian. Provides a bed, 3 daily meals, case management, and shower facilities.
South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority
111 New York Street, Volunteers of America, Northern Rockies, Rapid City, SD 57701
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 341-8336
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.

LSS Rapid City Arise Youth Center West offered at Lutheran Social Services - Western Region
3505 Cambell Street, Rapid City, SD 57701
Website: https://lsssd.org/what-we-do/detention-alternatives/ Email: info@lsssd.org
Hours: 24 hours a day / 7 days a week
Phone: (605) 716-1837
Eligibility: Youth ages 10-17
Provides shelter (up to 21 days) and case management services that attempt to find long term and stable living options for runaway and homeless youth.

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.

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.

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

**Housing and Redevelopment Commission offered at Pennington County Housing and Redevelopment Commission**
1805 W. Fulton Street, Suite 101, Rapid City, SD 57702  
**Website:** www.pchrc.com  
**Email:** info@pchrc.com  
**Hours:** 7:30am - 4:30pm (MT), Monday - Friday  
**Phone:** (605) 394-5350  
**Eligibility:** Must meet income guidelines. Administrates various housing assistance programs that promote the development of safe and affordable housing opportunities and encourages self-sufficiency.

**Women and Children's Shelter offered at Cornerstone Rescue Mission**
301 Fox Run Drive, Rapid City, SD 57701  
**Hours:** Intake: 8:00am - 7:00pm (MT), Monday - Sunday  
**Phone:** (605) 721-7860  
**Eligibility:** Women 18 years and older, children with an adult woman (boys older than 12 years of age are not eligible to stay at this facility)  
Provides a bed, 3 daily meals, case management, transportation (on a limited basis), laundry, and shower facilities for women and children.

**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).

**Transitional Housing offered at OneHeart**
217 Kansas City Street, Suite 100, Rapid City, SD 57701  
**Hours:** 8:00am - 5:00pm (MT), Monday - Friday  
**Phone:** (605) 718-9153  
**Eligibility:** Open to all
The campus offers person-centered, trauma-informed, recovery-oriented care. In return each resident will be expected to create a self-directed income plan and housing plan and agree to live clean and sober.

Individuals must be referred by one of the partner providers:
- Addiction Recovery Center of Black Hills
- Artemis House
- Behavior Management Systems
- Bethany Christian Services
- Black Hills Pregnancy Center
- Black Hills Pediatric Therapy
- Care Campus
- Career Learning Center of the BH
- CASA - 7th Circuit
- Catholic Social Services
- Community Health Center of Black Hills
- Compass Point
- Consumer Credit Counseling
- Family Connections Center
- Love Inc.
- Lutheran Social Services
- Monument Health
- NAMI
- Oglala Sioux Lakota Housing
- Pennington County Health & Human Services
- Pennington County Public Defender's Office
- Pennington County SAO-Victim's Advocate
- Project Recovery
- Rapid City Area Schools
- Rapid City Police Department
- Rural American Initiatives
- South Dakota School of Mines
- South Dakota State University NANEC
- Treasured Lives
- VocRehab
- Volunteers of America
- WAVI
- Western Dakota Tech
- Where All Women Are Honored
- Youth and Family Services

Housing offered at Cornerstone Rescue Mission
1220 East Boulevard, Rapid City, SD 57701
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 721-9497
Eligibility: Homeless and disabled individuals and families
Offers permanent supportive housing for homeless and disabled individuals and families. Case management and referrals/partnerships with area agencies are provided to assist residents to strive for self-sufficiency.

LSS Rapid City New Alternatives offered at Lutheran Social Services - Western Region
120 Philadelphia Street, Rapid City, SD 57701
Website: https://lsssd.org/what-we-do/independent-living-services/ Email: info@lsssd.org
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 791-2405
Eligibility: Young adults, ages 18 - 22
An independent living program located in Rapid City that provides housing and a variety of supportive services to young adults ages 18-21 who are living with severe mental illness.

Passages Women's Transitional Living
Rapid City, SD 57701  
**Website:** [www.passagesliving.com](http://www.passagesliving.com)  
**Email:** passagesliving@gmail.com  
**Hours:** Office Hours: 9:00am - 4:00pm (MT), Monday - Friday  
**Program:** 24 hours a day / 7 days a week  
**Phone:** (605) 791-0273  
**Eligibility:** Women, age 18+ struggling with drug/alcohol addictions  
Program that works to help women in the following areas: life skills; employment; physical health; relationships and spiritual growth. Each woman who chooses to go through the Passages Transformation Program must pay a program fee; comply with the house rules and attend various classes/trainings.

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

**VA Black Hills Health Care System offered at United States Department of Veterans Affairs**  
500 N. 5th Street, Hot Springs, SD 57747  
**Hours:** Office hours: 8:00am - 5:00pm (MT), Monday - Friday  
Urgent Care: 7:00am - 7:00pm (MT), Monday - Friday  
Nurse Advice Line: evenings, weekends, and holidays  
Residential care: 24 hours a day / 7 days a week  
**Phone:** (605) 745-2000  
**Eligibility:** Eligible and enrolled Veterans  
General medical and surgical, primary, nursing home and rehabilitative care.  
Behavioral Health Services include:  
- Addictive Disorder Services (ADS) - outpatient and short and long-term residential treatment; transitional residence / halfway house  
- Compensated work therapy  
- Residential Post Traumatic Stress (PTSD) program  
- Mental health intensive case management  
- Outpatient psychiatric services  
- The Suicide Prevention Coordinator has gun locks available.

**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.

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

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

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

Bringing people together, providing a new coat of paint to a household in need, and helping beautify the community.

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

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

**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.

**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.

**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.

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

**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.

**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).

**Marissa's Project offered at Call to Freedom**
Sioux Falls, SD 57104  
**Website:** [www.calltofreedom.org](http://www.calltofreedom.org)  
**Email:** info@calltofreedom.org  
**Hours:** Call for information.  
**Phone:** (605) 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.
Inpatient Treatment for Women offered at Volunteers of America, Dakotas
1401 W. 51st Street, Sioux Falls, SD 57105
Website: 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.

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

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.

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.

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)

Mental Health / Substance Abuse

Counseling Services offered at Rapid City Mental Health Professionals, LLC
3939 Canyon Lake Drive, Suite A, Rapid City, SD 57702
Website: www.rapidcitymentalhealth.com  Email: office@rapidcitymentalhealth.com
Hours: 8:00am - 5:00pm (MT), Monday - Friday *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)

Counseling Services offered at Living Graciously Therapy
2101 City Springs Road, Rapid City, SD 57702
Hours: 9:00am - 6:00pm (MT), Monday - Friday
Phone: (605) 209-5540
Eligibility: Open to all
Effective therapy, evaluations, educational resources offered.

Behavioral Health Center offered at Monument Health - Rapid City
915 Mountain View Road, Rapid City, SD 57702
Website: www.monument.health  Email: ksullivan1@monument.health
Hours: Outpatient clinic: 8:30am - 5:00pm (MT), Monday - Friday Inpatient treatment: 24 hours a day / 7 days a week Visiting hours child and adolescent unit: 5:00pm - 7:00pm (MT), Monday - Friday 3:00pm - 7:00pm (MT), Sunday Visiting hours adult unit: 6:00pm - 8:00pm (MT), Monday - Friday 3:00pm - 8:00pm (MT), Saturday - Sunday
Phone: (605) 755-7200

Eligibility: There are criteria for inpatient admission (danger to self or others). Age range 5 - adult patients. A psychiatric hospital located on the west side of Rapid City. Offering a wide range of services for geriatric, adult, adolescent, and child patients. This center approaches patient care with a special emphasis on trauma-informed care as well as biological, psychological, and social concerns. Specifically, offering inpatient treatment, and outpatient clinic with individual and family counseling services, as well as psychiatric diagnostic interviewing and medication management for patients of all ages.

**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

**Brain Injury Services offered at Black Hills Brain Health**

803 Sioux San Drive, Rapid City, SD 57702  
**Website:** [www.blackhillsworks.org/programs-services/enterprises/the-brain-rehabilitation-center](http://www.blackhillsworks.org/programs-services/enterprises/the-brain-rehabilitation-center)  
**Hours:** 8:00am - 4:00pm (MT), Monday - Friday  
**Phone:** (605) 343-7297  
**Eligibility:** Open to all

Services offered:
- Neuropsychological Evaluation
- Autism Spectrum Evaluation
- Various other evaluations
- Occupational Therapy
- Counseling (individual, family, and group formats)
- Cognitive Retraining
- The Aging Brain Workshop
- Driving Simulator

**Counseling Services offered at Mindfulness Matters Behavioral Health, LLC**

3421 W. Main Street, Suite 101, Rapid City, SD 57702  
**Hours:** 9:00am - 4:00pm (MT), Monday - Thursday  
**Phone:** (605) 718-0488  
**Eligibility:** Open to all

Provides individual and family therapy to children, adolescents, and adults with experience in anxiety, mood, ADHD, depression, trauma, grief, sexual abuse, domestic violence, low self-esteem, self-harm behaviors, anger management, assisting children affected by divorce, behavior management, attachment issues, personality disorders, and autism spectrum disorders. Specialties include trauma work utilizing Trauma Focused Cognitive Behavioral therapies, Play Therapy, Eye Movement Desensitization and Reprocessing (EMDR), and Dialectical Behavioral Therapy (DBT).

Offering services via telehealth.
Counseling Services offered at Lisa Porisch Counseling
3421 W. Main Street, Rapid City, SD 57702
Website: lisaporischcounseling.com  Email: hello@lisaporischcounseling.sprucecare.com
Hours: 8:00am - 2:30pm (MT), Monday - Friday
Phone: (605) 468-1865
Eligibility: Ages 3 - 100
Helps clients transform personal challenges and create a more balanced life. Offers the following services:
- Individual counseling
- Divorce counseling
- Grief/bereavement counseling
- Terminal illness counseling
- Child abuse survivor counseling for adults
- Family counseling
- Play therapy
- Cognitive behavioral therapy
- Parent counseling
- Internet (telehealth) counseling

Counseling Services offered at Scovel Psychological and Counseling Services, LTD
2902 W. Main Street, Rapid City, SD 57702
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 721-8822
Eligibility: Open to all
Provides individual, couple and family psychotherapy. Offers psychological and forensic assessments.

LSS Rapid City - Behavioral Health Services offered at Lutheran Social Services - Western Region
2920 Sheridan Lake Road, Rapid City, SD 57702
Website: https://lsssd.org/what-we-do/behavioral-health-services/  Email: info@lsssd.org
Hours: 8:00am - 7:00pm (MT), Monday - Tuesday 8:00am - 6:00pm (MT), Wednesday - Thursday 8:00am - 5:00pm (MT), Friday Or by appointment
Phone: (855) 334-2953
Eligibility: Open to all
Provides individual, group, family and couples counseling. Accepts private insurance, Medicaid, Medicare and offers a sliding fee based on household income.

Counseling Services offered at Suzette Wasvick Counseling Services
403 National Street, Suite 1, Rapid City, SD 57701
Website: wasvickcounseling.com  Email: sw.counselingservices@yahoo.com
Hours: 9:00am - 5:00pm (MT), Tuesday, Wednesday
Phone: (605) 390-8791
Eligibility: Open to all
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, Internal Family Systems (IFS), and other issues. Provides assisted animal therapy, play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population. Also offering services via telehealth.

Counseling Services offered at Chrysalis Association, LLC
403 National Street, Suite 1, Rapid City, SD 57702
Hours: 8:00am - 5:00pm (MT), Monday - Saturday
Phone: (605) 341-8647
Eligibility: Open to all
Psychological assessments for attention deficit / hyperactive disorder (ADD/ADHD), learning disorders, and all other psychiatric conditions. Individual treatment for anxiety, depression, post traumatic stress (PTSD), trauma, personality disorders, and marital issues. Custody, competency, and forensic evaluations available. Therapeutic approaches include cognitive behavioral (CBT) and reprocessing therapy. Specialized services for sex offenders and non-adjudicated individuals with psychosexual issues.

**Counseling Services offered at Knuppe Counseling**
2650 Jackson Boulevard, 11, Rapid City, SD 57702
Email: knuppencounseling@gmail.com
Hours: 9:00am - 5:00pm (MT), Tuesday - Friday
Phone: (605) 390-7055
Eligibility: Open to all

Working with individuals ages 12 to adult, couples and families with a variety of challenges. Specialty training in family therapy, helping families dealing with challenging behaviors, and communication problems. Offers group therapy for parenting and eye movement desensitization and reprocessing (EMDR). Trauma focused cognitive behavioral therapy (CBT) trained.

**Trauma Therapy offered at Isaacs Behavioral Health, LLC**
2650 Jackson Boulevard, Suite 18, Rapid City, SD 57702
Hours: 9:00am - 5:00pm (MT), Monday - Thursday
Phone: (605) 877-2010
Eligibility: Open to all

Services Offered:
- Individual Psychotherapy for:
  - PTSD, trauma, depression, anxiety, loss-grief, addictions, communications, self-esteem, and behavioral issues.
- Group Therapy:
  - Survivor Strong Groups for female survivors of sexual, physical and psychological abuse.
- Modalities:
  - Eye movement desensitization and reprocessing (EMDR), motivational interviewing (MI), cognitive behavior therapy (CBT), rational emotive behavioral therapy (REBT), and dialectical behavior therapy (DBT).

**Counseling Services offered at Heynen Health & Wellness Services**
2650 Jackson Boulevard, Suite 2, Rapid City, SD 57702
Website: www.heatherheynen.com Email: info@heatherheynen.com
Hours: By appointment.
Phone: (605) 390-8332
Eligibility: Open to all

- In-office or telehealth Mental Health Counseling and Therapy to help navigate through mental and emotional stresses, alleviate anxiety and depression, and reach daily and life goals.
- Assessment and goal-setting.
- On-line or in-office Life Coaching, Counseling, Consulting.
- Helps facilitate processes for individuals to reach goals in life through practical direct direction, emotion management, habit change, and skill building.

**Counseling Services offered at Family Solutions Center**
2650 Jackson Boulevard, Creekside Plaza, Rapid City, SD 57702
Hours: 8:00am - 6:00pm (MT), Monday - Friday by appointment only
Phone: (605) 359-9491
Eligibility: Open to all

Specializing in individual (including adolescents), couples, and family therapy. Works with issues of depression, anxiety, fertility, eating disorders, abuse and victimization, anger management, conflict resolution, dependency and codependency, parent/child conflict, woman's issues, grief and loss, and business conflicts. Trained in systems therapy.
Counseling Services offered at Black Hills Center for Healing and the Advancement of Psychotherapy
2525 W. Main Street, Suite 303A6, Rapid City, SD 57702

Hours: By appointment only
Phone: (605) 440-2287
Eligibility: Open to all adults, 18+
Individual therapy for adults, specializing in trauma, including dissociative functioning and complex trauma. Integrative treatments for trauma, as well as depression/anxiety that has not been responsive to traditional modalities. Mindfulness and self compassion focused approaches improve one's relationship with oneself and others. Seasonal experiential workshops, including equine assisted therapy, are held periodically. Contact for more information.
Telehealth available on a limited basis. Inquire for additional information.

Counseling Services offered at Journey Counseling Services, LLC
2525 W. Main Street, Suite 214, Rapid City, SD 57702

Website: www.journeycounselingservices.com  Email: info@journeycounselingservices.com
Hours: 10:00am - 7:00pm (MT), Monday - Thursday 9:00am - 6:00pm (MT), Friday Available by appointment only. Evening appointments available.
Phone: (605) 988-8131
Eligibility: Open to adults
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. Sensitive to indigenous culture through training and direct experience. Telehealth sessions available.

Counseling Services offered at Bach Counseling Services, LLC
2218 Jackson Boulevard, Suite 13, Rapid City, SD 57702

Hours: 8:00am - 6:00pm (MT), Tuesday - Thursday 10:00am - 4:00pm (MT), Friday
Phone: (605) 431-4106
Eligibility: Open to all
Specializing in anxiety, depression, mood disorders, bipolar disorder, attention deficit / hyperactivity disorder (ADD/ADHD), trauma, post traumatic stress (PTSD), chronic pain, life-altering health issues, communication and relationship concerns, stress management, grief and loss, abuse issues and identity development / LGBTQ counseling.

Counseling Services offered at Lecy Therapy
2218 Jackson Boulevard, Suite 13, Rapid City, SD 57702

Hours: Call for information
Phone: (605) 864-4151
Eligibility: Adults 18 and over
Counseling services included are individual counseling, LGBTQ+ Counseling, family counseling, couples therapy, and trauma informed therapy.

Counseling Services offered at Family First Therapy
2040 W. Main Street, Suite 214, Rapid City, SD 57702

Website: https://family-first-therapy-services-llc.business.site/?fbclid=IwAR0zbLgDU7FjcmE9YN50GPGs5UVKoXcnZqPxyiWiklo4C
Hours: 8:00am - 6:00pm (MT), Monday - Friday
Phone: (605) 786-7797
Eligibility: Ages 3 to 100
Counseling services range from individual counseling, adult/adolescent psychiatry, cognitive behavioral therapy, and parent child interaction therapy.

Counseling Services offered at Gammeter & Associates LLC
810 Mountain View Road, Rapid City, SD 57702
Hours: 1:00pm - 6:00pm (MT), Tuesday - Thursday Phone monitored 24 hours a day
Phone: (605) 431-8876
Eligibility: Open to all
National certified mental health counselor, with national certifications in Trauma Focused Cognitive Behavior Therapy and Eye Movement Desensitization and Reprocessing trauma focused therapy from pediatrics to geriatrics.

Counseling Services offered at Bridgewater Behavioral Health, LLC
1770 Rand Road, Rapid City, SD 57702
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 791-1514
Eligibility: Open to all 13 years of age and above.
Providing individual and family therapy for those who are struggling with behavioral, emotional, social, developmental, and situational difficulties including post traumatic stress (PTSD), depression, anxiety, trauma, personality disorders, bipolar disorder, and relationship difficulty. Specializing in somatic experiencing sensorimotor psychotherapy, Dialectical Behavior Therapy (DBT), cognitive behavioral therapy (CBT), person-centered therapy, eye movement desensitization and reprocessing (EMDR), and Alderian therapeutic techniques.

Counseling Services offered at Christian Counseling & Ministries of the Black Hills
1719 W. Main, Suite 109, Rapid City, SD 57702
Hours: By appointment.
Phone: (605) 342-9333
Eligibility: Open to all
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.

Also, provides tele-counseling (via phone). Preferred that inquiring clients attend the intake appointment in person.

Counseling Services offered at Understood Therapy
1719 W. Main Street, Suite 109, Rapid City, SD 57702
Website: https://www.understoodtherapy.org/
Email: understoodtherapy@yahoo.com
Hours: 7:00pm - 9:00pm (MT), Monday - Friday 8:00am - 4:00pm (MT), Saturday By appointment only
Phone: (605) 939-3771
Eligibility: Open to all
Understood Therapy provides mental health services to a wide range of people using a variety of therapy specializations including:
- play therapy
- family and couples therapy
- solution-focused therapy
- client-centered therapy

Understood Therapy also addresses anxiety, depression, behavioral problems, grief and loss, parenting, communication, and more.

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.

Counseling Services offered at Abourezk Counseling
7501 Captain Soelzer Street, Black Hawk, SD 57718
Hours: 10:00am - 6:00pm (MT), Monday - Thursday
Phone: (605) 863-2881
Eligibility: Open to all ages 12 and up
Individual therapy for ages 12 and up. Topics discussed include: anxiety, depression, trauma, PTSD, chronic pain, stress management, employment issues, abuse, grief and loss, LGBTQ+ counseling, and women's issues. Telehealth sessions available.

Counseling Services offered at Thorn Counseling
1301 W. Omaha Street, Suite 220, Rapid City, SD 57701
Email: jetsonea@yahoo.com
Hours: 9:00am - 6:00pm (MT), Monday - Wednesday
Phone: (605) 716-9944
Eligibility: Open to all ages
Individual, marital, family, and group counseling for depression, anxiety, marital issues, and trauma.

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.

Counseling Services offered at Visionary Mental Health Services, LLC
628 1/2 Sixth Street, Suite 201A, Rapid City, SD 57701
Website: www.visionarymentalhealth.com Email: visionarymentalhealth@gmail.com
Hours: Office hours are available by request
Phone: (605) 280-9778
Eligibility: Ages 10 and over
Works with teens and adults to process through the hurts of the past and focus on the possibilities in the future. Offers counseling for individuals, family, marriage, couples, adolescent/youth, parents, LGBTQ, 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.

Counseling Services offered at Greg Swenson
929 Kansas City Street, Suite 201, Rapid City, SD 57701
Hours: 9:00am - 5:00pm (MT), Monday - Thursday
Phone: (605) 341-5436
Eligibility: Open to adults
Providing individual and marriage counseling from a Christian perspective, and psychological evaluations.

Internet counseling available depending on insurance/third party payment or private pay.

Counseling Services offered at Psychological Associates of the Black Hills, LLC
825 Columbus Street, Suite 1, #1, Rapid City, SD 57701
Website: www.pabh.org Email: officemanager@rushmore.com
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 348-6500
Eligibility: Open to all
Counseling for individuals, couples, groups, and families for all ages. Other services include play therapy, psychological assessments, psychotherapy, relationship counseling and limited neuropsychological assessments.

This office is able to provide telehealth to anyone in the state of South Dakota. There is paperwork that must be completed and signed prior to the first appointment.
Counseling Services offered at Crossroads Counseling Services
809 S. Street, Suite 306, Rapid City, SD 57701
Hours: 12:00noon - 6:00pm (MT), Tuesday - Thursday Most telehealth sessions are held on Wednesday.
Phone: (605) 430-9521
Eligibility: Open to all

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

Telehealth is available through Doxy.me, a HIPAA compliant platform. Some phone sessions are also available.

Counseling Services offered at Choices Counseling
809 S. Street, Suite 210, Rapid City, SD 57701
Hours: 10:00am - 4:00pm (MT), Tuesday - Thursday
Phone: (605) 209-3688
Eligibility: Open to all

Adolescent and adult counseling for crisis, trauma, depression, anxiety, marital issues, adoption, stress management, and grief and loss.

Counseling Services offered at Satterwhite Therapy Services
821 Columbus Street, Suite 5, Rapid City, SD 57701
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (605) 315-7159
Eligibility: Ages 2 and up

Provides the following:
- individual/family therapy
- TF-CBT, trauma recovery
- functional development
- cd assessments
- general assessments

Emphasis and experience with fetal alcohol spectrum disorder (FASD), autism, attachment issues, and suicidality.

Mediation and Counseling Services offered at Torno Mediation and Mental Health Services
730 South Street, Rapid City, SD 57701
Hours: By appointment: 8:30am - 5:00pm (MT), Monday - Wednesday 8:30am - 11:30am (MT), Thursday
Phone: (605) 718-3613
Eligibility: Open to all

Court approved divorce and custody mediator, parent coordinator, and custody evaluator. Individual, couples, and family counseling with expertise in blended families, marriage, family counseling, play therapy, trauma, child abuse, post traumatic stress (PTSD), and sexual assault.

Counseling Services offered at Spirals Counseling, LLC
No Physical Location, Rapid City, SD 57701
Website: www.spiralscounseling.com Email: email@spiralscounseling.org
Hours: Tuesday - Friday. Hours may vary.
Phone: (605) 381-5277
Eligibility: Open to all ages 18 and older.
Counseling and psychotherapy for individuals, couples, families and adolescents 18 years and older. Areas of focus include premarital and marriage counseling, perinatal and postpartum, 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, progressive counting (PC) exposure therapy.

Telemental Health/Video appointments are available for individuals and couples living in South Dakota (as long as the client has access to high-speed Internet and connect without interruption). A confidential environment is critical for individuals seeking Telemental health services.

**Groups and Workshops offered at Behavior Management Systems**
350 Elk Street, Rapid Cit, SD 57701
**Hours:** 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday Group times and start dates vary, please call for information. *COVID info below

**Phone:** (605) 343-7262

**Eligibility:** Some may have qualifiers to participate, call for information

Group sessions are available at different times throughout the year. Some of the group sessions offered include:
- Corrective Thinking: For youth ages 13 - 18 to help members identify:
- The five basic thinking errors and deterrents to thinking errors
- The four characteristics that are essential for change
- The impact of behaviors on family, friends, and the community

- Couples workshops: For couples who wish to enhance their relationship, whether or not they are having difficulties.
  Workshops offer:
  - Skill and idea description and demonstration
  - Opportunity for couples to practice skills privately
  - Participants have the opportunity to ask questions and discuss their experiences if they would like

- Introduction to Mindfulness: What happens in your life depends on your mind
- Keepin It Cool: For youth ages 9 - 12 years of age, who find managing their anger a challenge, the group focuses on:
  - Sources of anger and behavior; What are you doing with that anger; What the future looks like
  - Social Skills Group: For 10-15 year olds struggling with social skills or fitting in.
- Understanding Fetal Alcohol Spectrum Disorder: For children ages 5 - 11 and their birth, foster, or adoptive parents. While the parents or parenting team is involved in education, supportive discussion and training, the children will gather in a separate group to work on developmental and behavioral issues.
- Mental Health First Aid Trainings: Offered periodically. Participants are taught to assess for risk of suicide or harm; listen non-judgmentally; give reassurance and information; encourage appropriate professional help; and encourage self-help and other support strategies.
- Youth Mental Health First Aid Trainings: Offered periodically. Participants are taught to assess for risk of suicide or harm; listen non-judgmentally; give reassurance and information; encourage appropriate professional help; and encourage self-help and other support strategies. All within the context of helping the youth population.

**Counseling Services offered at Catholic Social Services**
529 Kansas City Street, Suite 100, Rapid City, SD 57701
**Website:** www.cssrapidcity.com  **Email:** css@cssrapidcity.com

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

**Phone:** (605) 348-6086

**Eligibility:** Open to all

Licensed professional counselors offer compassionate outpatient therapy for individuals, couples and families to assist people on their journey to health. Services available by telehealth or in-person.

**Counseling Services offered at Rapid City Counselors**
528 Kansas City Street, Suite 5, Ste 05, Rapid City, SD 57701
**Website:** www.rapidcitycounselor.com  **Email:** info@rapidcitycounselors.com

**Hours:** 8:00am - 5:00pm (MT), Monday - Friday Occasional after hours sessions with select providers

**Phone:** (605) 299-9100

**Eligibility:** Open to all ages
Empowering and inspiring individuals, children, adolescents, families and couples to identify concerns and issues within self and in relationships that impede a healthy, productive life. Research shows that healthy communication in relationships, as well as balancing body, mind, and soul substantiate and enhance one's ability to live a longer, fulfilling life.

**Autism Support Services offered at Autism Society of the Black Hills**

505 Kansas City Street, Rapid City, SD 57701  
**Website:** [www.autismsd.org](http://www.autismsd.org)  
**Email:** info@autismsd.org  
**Hours:** On call as needed  
**Phone:** (605) 484-8408  
**Eligibility:** Anyone of any age diagnosed with autism spectrum disorder.  
An all volunteer organization designed for families and individuals with autism to gain access to support groups, meetings, and additional information and resources. An affiliate of the Autism Society of America.

**Counseling Services offered at Black Hills Mental Health LLC**

521 Kansas City Street, Rapid City, SD 57701  
**Hours:** 8:00am - 5:00pm (MT), Monday - Friday. Other appointments available if needed.  
**Phone:** (605) 791-2500  
**Eligibility:** Open to all  
Provide medication management and supportive therapy to children (ages 10 and up), adolescents, and adults. Offers the following specific services:  
- individual counseling  
- adolescent psychiatry  
- medication management  
- LGBTQ counseling  
- mental health screening  
- adult psychiatry  
- adolescent/youth counseling  
- gender identity counseling  
- parent counseling  
- telemental health counseling

**Counseling Services offered at Bosworth Therapy & Consultation Services, Inc.**

420 Quincy Street, Rapid City, SD 57701  
**Hours:** 10:00am - 7:00pm (MT), Monday - Friday 10:00am - 1:00pm (MT), Saturday  
**Phone:** (605) 343-7755  
**Eligibility:** Open to all  
Individuals, couples, and family therapy. Play therapy, mediation, and custody evaluations. Also offering telehealth services.

**Pivot Point offered at Behavior Management Systems**

308 Quincy City Street, Pivot Point, Rapid City, SD 57701  
**Hours:** 8:00am - 4:00pm (MT), Monday - Sunday  
Counselors available 7:00am - 7:00pm (MT), Monday - Sunday  
**Phone:** (605) 391-4863  
**Eligibility:** Adults 18 years or older  
24/7 access to crisis stabilization for individuals 18+ experiencing a mental health and/or substance abuse crisis. Aftercare services include transitional counseling and case management.

**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 Jean Hoem
550 N. 5th Street, Rapid City, SD 57701
**Hours:** 10:00am - 5:00pm (MT), Monday - Thursday 10:00am - 3:00pm (MT), Friday
**Phone:** (605) 858-4134
**Eligibility:** Open to all
Offering individual, family, and couples psychotherapy.

Homeless Outreach Clinic offered at Complete Health
30 Main Street, Rapid City, SD 57701
**Hours:** Vary, call for information.
**Phone:** (605) 721-8939
**Eligibility:** Serves people who lack stable housing.
Provides primary health services free of charge for the homeless.

Counseling Services offered at Kelly Marker
No Physical Location, Rapid City, SD 57701
**Email:** kelly@choosewellnesscounseling.com
**Hours:** 1:00pm - 5:00pm (MT), Monday, Tuesday 9:00am - 1:00pm (MT), Wednesday
**Phone:** (605) 545-0941
**Eligibility:** Ages 18 through adulthood
Specializes in helping adults reclaim their lives from stress, burnout, compassion fatigue, anxiety, situational depression, and challenges with life transitions.

NAMI offered at NAMI South Dakota
No Physical Address, Rapid City, SD 57701
**Hours:** Check website for more information
**Phone:** (605) 718-9109
**Eligibility:** Serves people with mental illness, their families (adult or child), mental health professionals, and the general public.
NAMI SD offers practical support, useful education, and understanding to people who are living and coping with mental illness, including a Family-to-Family Education Program;Family support group;a weekly support group for adults who have a mental illness;an education program for parents and caregivers and other community presentations, including mental health education for students, parents and staff.

Recovery and Counseling Services offered at Addiction Recovery Centers of the Black Hills
1520 Haines Avenue, Suite 6, Rapid City, SD 57701
**Hours:** 8:00am - 8:00pm (MT), Monday - Thursday 8:00am - 2:00pm (MT), Friday 24 hours a day / 7 days a week on-call staff available
**Phone:** (605) 716-7841
**Eligibility:** Open to individuals with substance abuse and gambling issues.
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 Reconation Therapy);CBISA (Cognitive Behavioral Intervention Substance Abuse);individual and group counseling;and 12-hour DUI classes. Telehealth services available.

Outpatient Treatment offered at ROADS Outpatient Treatment Program
103 E. Omaha Street, Rapid City, SD 57701
**Email:** roadsoutpatient@gmail.com
**Hours:** 9:00am - 5:00pm (MT), Monday - Thursday 9:00am - 12:00noon (MT), Friday
**Phone:** (605) 348-8026
**Eligibility:** Open to adults (18+)
Outpatient counseling (for Chemical Dependency and Co-Occurring Disorders) for adults 18 years and older including intensive outpatient treatment, continued care, Moral Reconation Therapy (MRT), and assessments.
**Student Support offered at South Dakota Mines**

501 E. Saint Joseph Street, Rapid City, SD 57701

**Hours:** Vary, call for information.

**Phone:** (605) 394-2511

**Eligibility:** Open to enrolled students

**Public Safety:**
- All emergencies should be reported to 911 (9-911 from a campus phone). The Public Safety phone line 6100 from a campus phone or (605) 394-6100 is monitored 24 hours a day and is available to report criminal concerns, safety issues, suspect activity, or to request a safety escort.

**Counseling and ADA Services:**
- The SD Mines Counseling Center offers support to students and assists with a variety of personal, academic, and relationship concerns at no cost to enrolled students. The ADA Services office provides accommodation for individuals with documented disabilities. To schedule an appointment call (605) 394-2416.

**Health and Safety:**
- Provides Clinic Services, Immunizations, and Alcohol Education to enrolled students who pay the health fee at registration each semester. Call (605) 755-2273 for summer clinics and (605) 394-2354 during the school year.

**Residential Life:**
- Provides a safe environment that encourages learning and personal growth in an inclusive community that empowers and challenges our residents. Call (605) 394-2348 to speak with Residential Life.

**Testing, Tutoring, and Academic Support:**
- For information or to schedule an appointment call (605) 394-2428. Testing scheduling for placement testing, common exams, proctoring services, and more available. Tutoring services are provided for those who need assistance or coaching in coursework in all core subjects, all other courses dependent on tutor’s area of expertise. Chemistry tutoring is provided by Alpha Chi Sigma, call the chemistry department at (605) 394-1238 for current schedule.

**Counseling Center offered at Youth & Family Services**

202 E. Adams Street, Rapid City, SD 57701

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

**Hours:** Call for information.

**Phone:** (605) 342-4789

**Eligibility:** Open to all

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.

**Youth Trauma Center offered at Youth & Family Services**

202 E. Adams Street, Rapid City, SD 57701

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

**Hours:** Call for information.

**Phone:** (605) 342-4789

**Eligibility:** Open to youth ages 0-21, and caregivers for those under 18.

Youth & Family Services’ Youth Trauma Center works to increase identification of youth and families who have been exposed to traumatic stress and shorten the time it takes to get them into effective treatment programs.

**Counseling Services offered at Barse Counseling, LLC**

811 E. St. Andrew Street, Suite 6, Rapid City, SD 57701

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

**Hours:** 8:00am - 5:00pm (MT), Tuesday - Thursday 8:00am - 11:30am (MT), Friday

**Phone:** (605) 388-2258

**Eligibility:** Open to women, children, and teens
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 Counseling
- Family Counseling
- Sand Tray Therapy
- Play Therapy
- Cognitive Behavioral Therapy
- Psycho-educational Therapy
- Bibliotherapy

Telehealth services available and are provided through Simple Practice system. A secure, private link to this service will be emailed after scheduling an appointment. New clients are welcomed.

**Counseling Services offered at LifeStages Counseling, LLC**
811 E. Saint Andrew Street, Suite 3, Rapid City, SD 57701
*Hours*: 9:00am - 5:30pm (MT), Monday - Friday
*Phone*: (605) 388-2163
*Eligibility*: Open to all

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). Telehealth available and determined on a case by case basis.

**Counseling Services offered at Gossamer Threads Counseling**
811 E. Saint Andrew Street, Suite 12, Rapid City, SD 57701
*Website*: gossamerthreadscounseling.com  
*Email*: gossamerthreadscounseling@gmail.com
*Hours*: 9:00am - 5:00pm (MT), Monday - Thursday
*Phone*: (605) 209-5513
*Eligibility*: Open to all

Collaborative, relational, non-pathologizing, trauma-informed. EMDR trained.

Areas of special emphasis:
- Identity transformation and development
- Recovery from trauma
- Mood and anxiety concerns
- Relationship difficulties
- Family dynamics
- LGBTQIA+

**Adolescent Crisis Care Center offered at Wellfully**
22 Waterloo Street, Rapid City, SD 57701
*Website*: www.wellfully.org  
*Email*: info@wellfully.org
*Hours*: Residential services: 24 hours a day / 7 days a week Front desk hours: 9:00am - 5:00pm (MT), Monday - Friday 10:00am - 4:00pm (MT), Saturday
*Phone*: (605) 277-3750
*Eligibility*: Middle and high school students

Outpatient, voluntary walk-in center for youth in middle and high school who are in crisis or considering suicide. It provides:
- Screenings / Assessments
- Observation
- De-escalation / Stabilization
- Referrals to appropriate services

Also has Community Health Workers that will provide case management services:
- Amber Eggert (amber.eggert@wellfully.org)
- Hayley Friese (haley.friese@wellfully.org)
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

Native Healing Program offered at Oglala Sioux Tribe
1205 E. St. James Street, Rapid City, SD 57701
Hours: 8:00am - 4:30pm (MT), Monday - Friday
Phone: (605) 342-8925
Eligibility: Open to all
Provides alcohol and substance treatment to the Rapid City (Mni Luzahan) Native American Community and other affiliated tribes in the region, for adolescents and adults. The Native Healing Program utilizes the traditional Native American life ways as a method of Healing the Spirit. Specifically, offering the following: individual counseling; family counseling; substance use counseling; psychological assessments; outpatient substance use treatment; grief counseling. Also, providing Codependency Workshops, 12 hour DUI class, substance abuse treatment needs assessments, talking circle.
Fully accredited with State of South Dakota for outpatient services. Open to all.

Community Clinic offered at Complete Health
350 Pine Street, Rapid City, SD 57701
Hours: Medical Clinic Hours: 8:00am - 6:00pm (MT), Monday - Friday Dental Clinic: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 3:00pm (MT) Friday
Phone: (605) 721-8939
Eligibility: Open to all
Primary care and several specialized fields including: well child checkups, physicals, immunizations, preventative medicine, chronic disease management, counseling, and emergency and preventive oral health care. Dental Clinic (605) 721-8919 o Homeless Outreach Clinic, 30 Main Street, Rapid City, SD (605) 394-2230 o Patient Medication Assistance Program, 350 Pine Street, Rapid City, SD (605) 721-8939, Ext. 225 o School Based Clinic at General Beadle Elementary, 10 Van Buren Street, Rapid City, SD (605) 721-8985 OneHeart Clinic (605)-721-8939

Iris (LGBTQ+) Clinic offered at Complete Health
350 Pine Street, Rapid City, SD 57701
Website: www.chcbh.com   Email: iris@chcbh.org
Hours: Clinic Hours: 8:00am - 5:00pm (MT), Monday - Friday Iris Clinic hours may vary.
Phone: (605) 721-8939
Eligibility: People up to age 21
Provides primary LGBTQ+ health care for people up to the age of 21. This includes routine check-ups, sexually transmitted/HIV/pregnancy tests, and sexual health education. An in-house pharmacy is available as well as mental health counseling services.

Dr. Amanda Diehl has more than 20 years of experience and trained on LGBTQ+ health care through the Fenway Institute's National LGBT Health Education Center. In addition, the entire staff has been trained to provide an affirming atmosphere for the LGBTQ+ population.

Counseling Services offered at Suzette Wasvick Counseling Services
280 Main Street, Suite 9, Hill City, SD 57745
Website: wasvickcounseling.com  Email: sw.counselingservices@yahoo.com
Hours: 9:00am - 5:00pm (MT), Monday, Thursday
Phone: (605) 390-8791
Eligibility: Open to all

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, Internal Family Systems (IFS), and other issues. Provides assisted animal therapy, play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population. Also offering services via telehealth.

Equine Therapy offered at Red Horse Healing
3315 S. Valley Drive, Rapid City, SD 57701
Hours: 9:00am - 5:00pm (MT), Monday - Friday Saturdays by appointment.
Phone: (605) 441-2038
Eligibility: Open to all

Equine-assisted psychotherapy for individuals, families, and groups. Specialize in trauma focused cognitive behavioral therapy, solution focused therapy, and youth with problematic sexual behaviors.

Connecting With Our Youth offered at Great Plains Tribal Leaders Health Board
725 N. LaCrosse Street, Rapid City, SD 57701
Website: www.greatplainstribalhealth.org  Email: cwoy@gptchb.org
Hours: 8:00am - 5:00pm (MT), Monday - Friday Flexible to meet the needs of participants
Phone: (605) 721-6935
Eligibility: American Indian youth and adults of all ages living in the He Sapa area (Pennington County) who have at least one of the following are invited to participate: at risk for suicide, experience with ongoing suicidal thoughts, self-harming behavior, severe substance misuse, isolationist behavior, or recent experience with high-level trauma. Families are welcome to enroll.

The CWOY Support Navigator program is designed to provide support for American Indian youth, adults, and their families in the He Sapa area who struggle with suicidal thoughts or behaviors. CWOY Support Navigators act as mentors, advocates, and resource guides for American Indian youth, adults, and families needing support for their healing and personal growth.

Services offered include:
- One-on-one mentorship
- Advocacy
- Individualized care planning
- Outings, activities and workshops
- Transportation to appointments
- Collaboration with behavioral health resources
- Coordination for success in academic programs
- Communication with family members
- Connecting participants to peer and community programs in support of healing goals
- Skill-building
- Mental health counseling
- Therapeutic circles

Counseling Services offered at Practical Christian Counseling, Inc.
1351 Jolly Lane, Rapid City, SD 57703
Hours: 8:00am - 8:30pm (MT), Tuesday, Wednesday 8:00am - 6:00pm (MT), Thursday 8:00am - 5:30pm (MT), Friday
Phone: (605) 484-7089  
Eligibility: Open to all  
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. Offering telehealth sessions.

**New Trails Ministry offered at New Trails Ministry, Inc.**  
12480 Highway 16 A, Custer, SD 57730  
Website: [https://newtrailsministries.org](https://newtrailsministries.org)  
Email: info@newtrailsministry.org  
Hours: 10:00am - 6:00pm (MT), Tuesdays and Thursdays Monday, Wednesday and Friday by appointment only. The ministry site is only three seasons, offering services beginning late April - early November of each year.  
Eligibility: Open to all  
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. Providing a place where helping professionals can find support to deal with the challenges of caring. Also faith based professional counseling services on a limited schedule.

**Counseling Services offered at Black Hills Counseling LLC**  
1238 Main Street, Suite 4, Sturgis, SD 57785  
Hours: 9:00am - 5:00pm (MT), Monday - Friday; by appointment only  
Phone: (605) 720-8090  
Eligibility: Open to all  
Individual, couples, and family counseling (ages 10 and up). Specializing in family and/or co-parenting mediation, development of co-parenting plans, anger management and domestic violence training/therapy, critical incident stress management, and training on various mental health issues including abuse, stress management and workplace issues.

**Counseling Services offered at Make It Happen Counseling, LLC**  
1001 Lazelle Street, Suite 3, Sturgis, SD 57785  
Hours: 9:00am - 6:00pm (MT), Monday - Friday (By appointment)  
Phone: (605) 490-7911  
Eligibility: Children ages 10-18, adults, and older adults.  
Provides individual counseling for children ages 10-18, adults and older adults. Also provides couples counseling and EAP Counseling. Areas include:  
- depression  
- anxiety  
- stress  
- self-esteem  
- grief  
- trauma adjustment  
- relationship issues  

Utilizes cognitive behavioral therapy (CBT), solution focused and strength based strategies in treatment. Face to face and telehealth options available.

**Outpatient Services offered at Compass Point, The**  
1807 Williams Street, Sturgis, SD 57785  
Hours: Outpatient Services: 8:00am - 5:00pm (MT), Monday - Friday; Group: 5:00pm - 7:00pm (MT), Monday - Thursday  
Phone: (605) 347-3003  
Eligibility: Over 18 years of age
Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders.

Moral reconation therapy class, DUI Classes, Continuing Care and adult diversion classes.

A Family Program is available to family members and friends affected by the substance use of another. Compass Point also offers CBISA (Cognitive Behavioral Interventions for Substance Abuse) and MRT treatment. Offering telehealth services.

**Psychiatric & Counseling Services offered at Black Hills Psychology**
115 N. 7th Street, Suite 6, STE 6, Spearfish, SD 57783  
**Hours:** 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday  
**Phone:** (605) 645-0100  
**Eligibility:** Open to all  
Psychiatric evaluations, prescription medication management, psychological testing, and comprehensive therapy services including Eye Movement Desensitization and Reprocessing (EMDR). 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, premartial, 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. Also offering telehealth services.

**Counseling Services offered at Northern Hills Counseling Associates**
211 N. Main Street, Suite 203, Spearfish, SD 57783  
**Hours:** 8:00am - 5:00pm (MT), Monday - Friday  
**Phone:** (605) 559-2006  
**Eligibility:** Open to all  
Outpatient mental health counseling services for individuals and families. Services include:  
- individual counseling  
- marriage counseling  
- divorce counseling  
- substance abuse counseling  
- grief/bereavement counseling  
- dialectical behavioral therapy  
- terminal illness counseling  
- LGBTQ counseling  
- child abuse counseling  
- child abuse survivor counseling for adults  
- family counseling  
- couples (conjoint) counseling  
- trauma informed therapy  
- cognitive behavioral therapy  
- adolescent/youth counseling  
- gender identity counseling  
- parent counseling  
- spouse/intimate partner abuse counseling  
- telemental health counseling

**Post-Secondary Education offered at Black Hills State University**
1200 University Street, Spearfish, SD 57799  
**Website:** [www.BHSU.edu](http://www.BHSU.edu)  
**Email:** admissions@bhsu.edu  
**Hours:** 8:00am - 5:00pm (MT), Monday - Friday  
**Phone:** (605) 642-6131  
**Eligibility:** BHSU Student  
Offers a variety of support services to its students including Student Health & Counseling Services (605) 642-6520 or after hours (605) 641-6988.
Counseling Services offered at Life Counseling and Coaching, The
1930 N. Avenue, Suite 3, Spearfish, SD 57783
**Hours:** 8:00am - 6:00pm (MT), Monday - Friday
**Phone:** (605) 639-5641
**Eligibility:** Open to adults
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. Telemental health services available.

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.

Counseling Services offered at Sharon K. Hansen
Hot Springs, SD 57747
**Hours:** 8:00am - 12:00noon (MT), Monday, Tuesday Telehealth only
**Phone:** (605) 890-0580
**Eligibility:** Open to all
Evaluation, individual psychotherapy, family therapy, and anger management. Focus areas include depression, anxiety, stress, coping skills, relationship issues, abuse and domestic violence, and post traumatic stress (PTSD).
Offering services via tele-health only.

Behavioral Health Services offered at Fall River Health Services
1201 Highway 71 South, Hot Springs, SD 57747
**Website:** www.frhssd.org    **Email:** bh@frhssd.org
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday
**Phone:** (605) 745-3460
**Eligibility:** Ages 4 - 100+
Provides comprehensive outpatient behavioral health services to help with a variety of mental health problems for all ages. Psychiatrists are Board Certified in adult, adolescent, and child psychiatry. The Clinical Social Workers provide counseling services.

Counseling Services offered at Belle Fourche Counseling, LLC
515 National Street, Suite 103, 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.

Prevention Services offered at Aneptu Luta Otipi
North Route, Kyle, SD 57752
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.

Support Services include:
- Recovery Support Meeting (Online):
  - Assists clients in recovery maintenance. Recovery Support services includes formal aftercare programs, wellbriety and traditional pathways, and talking circles. There are no requirements to participate.
  - Online Meetings: 2:00pm, every Wednesday and Thursday
  - Join the meeting in 2 steps: Step 1: go to www.zoom.us and Step 2: Meeting ID (883-9859-6211) No passcode

- Family Support Meeting (Online)
  - Support for family members who struggle with a friend or relative with a substance use addiction.
  - Online meeting every Monday at 2:00pm

- Recovery Support Meeting (Online)
  - Individuals at all stages of recovery are welcome. There are no requirements to participate.
  - Online meeting every Wednesday and Thursday at 2pm

- Parenting (Online)
  - Online Meeting: Thursday at 2:00pm
  - Join the meeting in 2 steps: Step 1: Go to www.zoom.us Step 2: Meeting ID (856-8255-7067) Passcode (227449)
Counseling Services offered at 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.

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 Visionary Mental Health Services, LLC
1709 N. Lincoln Avenue, Suite 102, Pierre, SD 57501
Website: www.visionarymentalhealth.com   Email: visionarymentalhealth@gmail.com
Hours: Office hours are available by request
Phone: (605) 280-9778
Eligibility: Ages 10 and over
Works with teens and adults to process through the hurts of the past and focus on the possibilities in the future. Offers counseling for individuals, family, marriage, couples, adolescent/youth, parents, LGBTQ, 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.

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

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
841 Jackson Street, Suite C, Burke, SD 57523
Website: risinghope605.com   Email: admin@risinghope605.com
Hours: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Counseling Services offered at Rising Hope Counseling, LLC**
110 3rd Street S.W., Suite 107, Huron, SD 57350
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: Call for more information
Phone: (605) 494-1500
Eligibility: Open to all
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Counseling Services offered at 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 Rising Hope Counseling, LLC**
1401 N. Main Street, Mitchell, SD 57301
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: 9:00am - 5:00pm (CT), Monday and Wednesday 10:00am - 6:00pm (CT), Tuesday
Phone: (605) 494-1500
Eligibility: Open to all
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Counseling Services offered at Rising Hope Counseling, LLC**
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**
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**
120 S. Main Street, The Minor County Pioneer, Howard, SD 57349
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: Call for information
Phone: (605) 494-1500
Eligibility: Open to all
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Counseling Services offered at Rising Hope Counseling, LLC**
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 Rising Hope Counseling, LLC
700 S. Washington Avenue, Suite 100, Madison, SD 57042
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: Call for information.
Phone: (605) 494-1500
Eligibility: Open to all
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Better Me Counseling and Consulting
818 S. Broadway, Suite 113, Watertown, SD 57201
Hours: 8:30am - 5:30pm (CT), Tuesday, Wednesday, Thursday 9:00am - 7:00pm (CT), Monday
Phone: (605) 880-0100
Eligibility: Serving ages 4-65+
Provides mental health counseling for children, adults, families and couples. Including the following services:
-individual counseling
-marriage counseling
-divorce counseling
-grief/bereavement counseling
-LGBTQ counseling
-child abuse counseling
-child abuse survivor counseling for adults
-family counseling
-couples (conjoint) counseling
-trauma informed therapy
-cognitive behavioral therapy
-adolescent/youth counseling
-parent counseling
-spouse/intimate partner abuse counseling
-internet (tele-health) counseling
-farm crisis counseling
-retirement and aging concerns

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
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.

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.

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

Counseling Services offered at Stronghold Counseling Services, Inc.
4300 S. Louise Avenue, Suite 201, Sioux Falls, SD 57106
Website: www.strongholdcounseling.com  Email: info@strongholdcounseling.com
Hours: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday
Phone: (605) 334-7713
Eligibility: Open to all
Assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel is used for telehealth services.

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

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**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.

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**Black Hills Behavioral Health Guide offered at Helpline Center - Resource Guides**
No Physical Address, Sioux Falls, SD 57104

**Email:** help@helplinecenter.org

**Hours:** Available online 24 hours a day / 7 days a week  
**Phone:** 2-1-1

**Eligibility:** Open to all

A Guide of licensed and/or credentialed behavioral health professionals is available in pdf or online searchable formats or a hard copy can be obtained by visiting the Helpline Center at 529 Kansas City Street, Ste 200, Rapid City, SD 57701.

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**Counseling Services offered at Rising Hope Counseling, LLC**
6340 S. Western Avenue, Suite 120, Sioux Falls, SD 57108

**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.

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**Counseling Services offered at Aspire Counseling, LLC**
6340 S. Western Avenue, Sioux Falls, SD 57108

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

**Hours:** 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT), Friday  
**Phone:** (605) 277-1422

**Eligibility:** Ages 5 and up
Provides therapy services for those with mental health needs, striving to meet clients in their time of need, creating a secure location to explore, process and establish healthy coping skills.

Services include:
- individual counseling
- marriage counseling
- divorce counseling
- grief/bereavement counseling
- dialectical behavioral therapy
- terminal illness counseling
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- couples (conjoint) counseling
- trauma informed therapy
- cognitive behavioral therapy
- adolescent/youth counseling
- gender identity counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling

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

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 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**

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.

**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 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.

**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.
Counseling Services offered at Rising Hope Counseling, LLC
317 N. Heritage Parkway, Tea, SD 57064
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: Call for information  Phone: (605) 494-1500
Eligibility: Open to all
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  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.

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  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  Email: info@mindwise.org
Hours: 24 hours a day / 7 days a week  Phone: (781) 239-0071
Eligibility: Open to all including College Students, Active-Duty Military, National Guard, Reserves, Veterans, and their families
A self-assessment questionnaire, regarding mental health and substance abuse, to assess if treatment or evaluation would be beneficial.

**Counseling Services offered at Haven Counseling LLC**
Rapid City, SD 57702
**Hours:** 9:00am - 5:00pm (MT), Monday, Wednesday, Thursday 9:00am - 12:00noon (MT), Friday
**Phone:** (605) 863-2498
**Eligibility:** Open to adults 18 and older
Individual 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. Telehealth sessions available.

**Transportation**

**Transportation Service offered at Care-a-Ride**
Rapid City, SD 57702
**Website:** [www.carearide.com](http://www.carearide.com)  **Email:** carearide@gmail.com
**Hours:** 8:00am - 5:00pm (MT), Monday - Friday Hours outside of 8-5 are available depending on situation Sunday only on emergent basis, with additional charges
**Phone:** (605) 381-7825
**Eligibility:** Open to all
Offers transportation, both by car or wheelchair van, to medical appointments, grocery stores, or other appointments. Offers the option to shop for groceries for individuals.

**RapidRide offered at City of Rapid City**
333 6th Street, Rapid City, SD 57701
**Hours:** Dial-a-Ride Hours of operation: 6:00am - 5:30pm (MT), Monday - Friday 8:30am - 5:30pm (MT), Saturday RapidRide: Office hours: 7:00am - 5:30pm (MT), Monday - Friday Hours of operation: 6:20am - 5:50pm (MT), Monday - Friday 9:50am - 4:40pm (MT), Saturday
**Phone:** (605) 394-6631
**Eligibility:** Open to all
Provides 6 routes operating within the city limits of Rapid City. Service frequency is every 35 minutes. Service is available: 6:20am - 5:50pm, Monday - Friday and 9:50am - 4:40pm, Saturday.

**Vision Bikes offered at Love INC of the Black Hills**
414 E. Omaha, Rapid City, SD 57701
**Hours:** 8:30am - 4:30noon (MT), Monday - Thursday 8:30am - 12:00noon (MT), Friday
**Phone:** (605) 718-5683
**Eligibility:** Open to all
Offers participants an opportunity to volunteer with Love Inc. and in return, earn a bike for transportation.

**Public Transit offered at Prairie Hills Transit**
2015 Tumble Weed Trail, Spearfish, SD 57783
**Website:** [www.prairiehillstransit.com](http://www.prairiehillstransit.com)  **Email:** dispatch@prairiehillstransit.com
**Hours:** Office hours: 7:00am - 5:00pm (MT), Monday - Friday Service hours vary in each community so please call or visit website for more information.
**Phone:** (605) 642-6668
**Eligibility:** Open to all
Operating public transit in Butte, Lawrence, and Meade Counties with service from these counties into Rapid City and Southern Hills. Door to door service provided with one business days' notice.

**East Pennington/Haakon County Prairie offered at River Cities Public Transit**
No Physical Address, Garage, Eagle Butte, SD 57625  
**Hours:** Dispatchers available 24 hours a day / 7 days a week Service hours for Eagle Butte 5:00am - 6:00pm (MT), Monday - Friday 6:00am - 3:00pm (MT), Saturday In town service hours:8:00am - 5:00pm (MT), Monday - Friday  
**Phone:** (605) 964-7433  
**Eligibility:** Open to all  
Please call 48 hours in advance. Primarily for medical trips; however, shoppers may ride along when medical trips are scheduled.

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