Basic Needs Resource Guide

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Employment

South Dakota Army National Guard offered at South Dakota Department of the Military
3740 Range Road, Rapid City Army National Guard Armory, Rapid City, SD 57702
Hours: 9:00am - 5:00pm (MT), Monday - Friday
Eligibility: Visit a recruiter for specific requirements for enlistment and benefits
Identification cards for service members, dependents, and retirees may be obtained by calling to make a reservation.

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 offered at South Dakota Department of the Military
2823 W. Main Street, Rapid City, SD 57702
Hours: 9:00am - 5:00pm (MT), Monday - Friday 11:00am - 2:00pm (MT), Saturday
Eligibility: Visit a recruiter for specific requirements for enlistment and benefits
Identification cards for service members, dependents, and retirees may be obtained by calling to make a reservation.

Job Corps offered at Human Learning Services (HLS)
2040 W. Main Street, Suite 302, Rapid City, SD 57702
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Phone: (800) 733-5627
Eligibility: Ages 16-24, cannot have any open court issues or dates, fines over $500.00, be on probation, and must meet low-income status.
A residential education and vocational training program that is available at no cost to qualified youth ages 16 - 24. Provides training toward a GED or high school diploma and a skilled trade.

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.

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.

Supportive Services for Veterans 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 Ext. 8
**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   **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   **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 financial aid for Technical schools and colleges;subsidized on-site training programs;employment counseling;job placement, testing and evaluation;financial assistance in relocating for education training and job placement;emergency financial services such as, but not limited to: emergency food, shelter, rental assistance, and transportation costs).

Adult Education/GED/ESL Program 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  
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. Services that are available if eligibility is met and or economic need include:
- Diabetic education
- Vocational counseling
- Job placement
- Training in specialized skills of blindness (cane, travel, braille, daily living)
- Job development
- On-the-job training
- Guidance and counseling
- Job follow-up
- Restoration
- Assistive technology services
- Job retention
- Funding for training
- Funding for eye surgery (If economic need is met)
- Low vision services (includes a visual examination conducted by a trained specialist in the field of low vision, assessment of visual functioning of individual needs and goals, prescriptions for specialized low vision devices, and individualized training).
- Free low vision support group meets the first Thursday of the month

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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- 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) 773-3101
Eligibility: High school students and youth ages 14-24
Helps youth ages 14-24 explore education and career options. Specific services provided by Career Advisors include: resume/cover letter writing, applications, interviewing skills, soft skills, career exploration, job search assistance, work experience*, on-the-job training, funding for post-secondary training*, and financial awareness. (*Must meet eligibility requirements.)

**National Farmworker Jobs Program 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) 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 financial aid for Technical schools and colleges; subsidized on-site training programs; employment counseling; job placement, testing and evaluation; financial assistance in relocating for education training and job placement; emergency financial services such as, but not limited to: emergency food, shelter, rental assistance, and transportation costs.

**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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-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, 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. Staff are trained to teach those skills that help lead people to a full productive life. Services available include:
- Computer training with assistive technology (including speech and Braille output)
- Travel with the use of a white cane
- Communication methods including Braille
- Home management (essential tasks of daily independent living that include cooking, cleaning, washing clothes, etc.)
- Manual Arts (use of hand and power tools to build confidence in using the skills of blindness)
- Low vision services (adaptive devices and exams)

South Dakota Army National Guard offered at South Dakota Department of the Military
801 W. National Guard Drive, Sioux Falls, SD 57104
Hours: 6:30am - 5:00pm (CT), Tuesday - Friday
Phone: (605) 357-2900
Eligibility: Visit a recruiter for specific requirements for enlistment and benefits
Identification cards for service members, dependents, and retirees may be obtained by calling to make a reservation.

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) 367-5300 ext. 1801260
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 financial aid for Technical schools and colleges; subsidized on-site training programs; employment counseling; job placement, testing and evaluation; financial assistance in relocating for education training and job placement; emergency financial services such as, but not limited to: emergency food, shelter, rental assistance, and transportation costs).

**Senior Community Service Employment Program offered at National Indian Council on Aging**
8500 Menaul Blvd. NE, Albuquerque, NM 87112  
**Hours:** Call for information.  
**Phone:** (505) 292-2001  
**Eligibility:** Low income people aged 55 and older  
The Senior Community Service Employment Program (SCSEP) at NICOA (National Indian Council on Aging) serves elderly, low-income people by building their job skills, work experience, confidence, financial security, and wellbeing.

Helps elders find work, develop new skills, new talents, and earn income by participating in our on-the-job training and employment program.

**Family/Parenting/Child Care**

**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.

**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.

**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  
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: RCCustomersupport@state.sd.us  
Hours: 8:00am - 5:00pm (MT), Monday - Friday  
Phone: (605) 394-2525  
Eligibility: Call for information  
Provides financial help for child care costs for families who are working and/or going to school.

**Birthright of Rapid City offered at Birthright**
2002 5th Street, Rapid City, SD 57701  
Website: 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.

**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](http://www.dss.sd.gov/childcare)  
**Email:** DSSRegion6EA@state.sd.us  
**Hours:** Call for information  
**Phone:** (605) 995-8000  
**Eligibility:** Call for information  
Provides financial help for child care costs for families who are working and/or going to school.

**DSS Child Care Services offered at South Dakota Department of Social Services**

3113 Spruce Street, Suite 200, Yankton, SD 57078  
**Website:** [www.dss.sd.gov/childcare](http://www.dss.sd.gov/childcare)  
**Email:** DSSRegion7EA@state.sd.us  
**Hours:** 8:00am - 12:00noon; 1:00pm - 5:00pm (CT), Monday - Friday  
**Phone:** (605) 668-3030  
**Eligibility:** Call for information  
Provides financial help for child care costs for families who are working and/or going to school.

**DSS Child Care Services offered at South Dakota Department of Social Services**

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

**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](http://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](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.

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 101, Rapid City, SD 57703
Website: www.bhclf.org   Email: info@bhclf.org
Hours: Office hours: 8:00am - 5:00pm (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.

Pennington County 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
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](http://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](http://www.neighborworksdhr.org)  
**Email:** info@nwdhr.org  
**Hours:** 8:00am - 12:00noon; 1:00pm - 5:00pm (MT), Monday - Thursday *COVID info below  
**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](http://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](http://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**
Eligibility: All programs have varying income guidelines, service areas and eligibility restrictions. Availability and sources of funds may vary. Home ownership preparation services and Home Buyer Education classes. For eligible individuals/families, down payment/closing cost assistance or low-cost loans for purchasing a home or home improvements may be available.

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

**SD Cares Rental Assistance Program offered at South Dakota Housing Development Authority**
No Physical Address, Sioux Falls, SD 57105
Hours: Applications currently being accepted.
Eligibility: Must be a renter; Have income at or below 80% of AMI for respective county; Owe past due rent or utilities or unable to pay current expenses. Provides rental and utility assistance for South Dakota residents. Assistance provided is not a loan and does not have to be paid back. Payment is made directly to the landlord or utility provider on the applicant's behalf. Funding amount is based on need. Must meet the following criteria:
- Income qualifications (vary by county)
- One or more individuals in the household has qualified for unemployment benefits, experienced a reduction in household income, incurred significant costs or experienced other financial hardship due to, or during the coronavirus outbreak (March 2020 to present).
- One or more individuals in the household have a past due utility bill, rent notice, or are able to prove that they are at risk of experiencing homelessness or housing instability.

Link to Application
- To receive additional funding after their original assistance period has passed applicants should not complete a new application. The opportunity to apply for additional funding will appear on the applicant's dashboard when they become eligible to reapply. Applicants are also free to reach out to their caseworker directly with questions about additional funding.

For questions about SD Cares, please fill out the Follow Up Form.

**Sioux Empire Housing Partnership, Inc.**
200 N. Phillips Avenue, Suite 200, Suit 200, Sioux Falls, SD 57104
Website: [http://siouxempirehousing.org](http://siouxempirehousing.org)  Email: sehps@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/](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/](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/](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**

**Lamb Chop Ministries - Food Pantry offered at Lamb Chop Ministries**
4813 South Canyon Road, Freedom Motorcycle Church, Rapid City, SD 57702  
Hours: 4:00pm - 5:00pm (MT), Thursday *COVID info below*  
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  
- 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.

Outreach Ministry offered at RV Ministry, The
715 Kansas City Street, Faith Temple Church, Rapid City, SD 57701
Email: therministry@gmail.com
Hours: 7:00am - 8:00am (MT), Sunday
Eligibility: Open to all
Providing a hot meal and warm safe place to gather with the homeless and less fortunate in the community. Connecting people with resources to improve their lives and helping them get to the next step.
- 7:00am, every other Sunday: biscuits and gravy, oatmeal with all the toppings, assorted packaged snacks, coffee, tea, and hot cocoa.

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.

Minneluzahan Senior Citizen Center - Happy Paks offered at Minneluzahan Senior Citizen Center
315 N. 4th Street, Rapid City, SD 57701
Website: www.minneluzahan.org Email: mssccrcadm@gmail.com
Hours: 8:00am - 3:00pm (MT), Monday - Friday Lunch: 11:00am - 1:00pm (MT), Monday - Friday
Phone: (605) 394-1887
Eligibility: 50 years and older
Happy Pak offers two prepared meals for pick-up to those 50 years old or older. A fun activity is included. Call to get signed up!

Worship Services/Church Activities offered at Open Heart United Methodist Church
202 E. Indiana Street, Rapid City, SD 57701
Website: 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
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    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
Website: www.BGCBlackHills.org    Email: bgcbh@bgcblackhills.org
Hours: School year hours: 3:00pm - 6:00pm (MT), Monday - Friday Summer hours: 7:15am - 5:30pm (MT), Monday - Friday
Phone: (605) 574-2010
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.

**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:** See Program hours description
**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 Seventh Day Adventist Churches in South Dakota**
1636 Concourse Court, Rapid City, SD 57703
**Website:** https://rapidcitysd.adventistchurch.org **Email:** rapidsda@gmail.com
**Hours:** Monday 9:00am - 12:00noon (MT) Tuesday 2:30pm - 4:30pm (MT) Wednesday 9:00am - 12:00noon (MT) Walk-ins welcome. Emergency food box giveaways located at second door.
**Phone:** (605) 389-6225
**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.BGCBBlackHills.org **Email:** bgcbh@bgcbblackhills.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  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.

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
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
SD
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.

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

Lasagna Love
Williamstown, MA 1267
Hours: Hours depend on delivery date/time.
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 - 4 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.

Black Hills Regional Homeless Coalition - Community Connect & Regifting Event offered at Black Hills Regional Homeless Coalition
855 Omaha Street, Spartan Nash building, Rapid City, SD 57701
Hours: 9:00am - 4:00pm (MT), Thursday, June 23, 2022
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, June 23, 2022
-Time: 9:00am - 4:00pm (MT)
-Location: Spartan Nash Building (855 Omaha Street)

Donations are accepted 9:00am - 1:00pm, Wednesday, June 22, 2022

Masks will be required and provided.

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.

Thrift Store offered at Goodwill of the Great Plains
611 Timmons Boulevard, Rapid City, SD 57703
Website: 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.

Thrift Store offered at We Care Rapid City, Inc.
401 E. Boulevard North, Rapid City, SD 57701
Website: 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).

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

**Shelters**

**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.

**Working Against Violence, Inc.**
527 Quincy Street, Rapid City, SD 57701
**Hours:** Office hours: 9:00am - 4:00pm (MT), Monday - Friday  
Shelter/Crisis Line: 24 hours a day / 7 days a week  
Toy/Game donations must be arranged prior to donation to ensure need and space.
**Phone:** (888) 716-9284
**Eligibility:** Victim of intimate personal domestic violence, sexual assault, IPV stalking, human trafficking
Emergency shelter for victims of intimate personal domestic violence, sexual assault, IPV stalking, or human trafficking.

**Men's Shelter offered at Cornerstone Rescue Mission**
30 Main Street, Rapid City, SD 57701
**Hours:** 24 hours a day / 7 days a week  
**Phone:** (605) 341-2844
**Eligibility:** Must be 18 years or older unless accompanied by a verifiable guardian.
Provides a bed, 3 daily meals, case management, and shower facilities.

**Where All Women Are Honored - Winyan Wicayuoniihan Oyanke offered at Where all Women are Honored - Winyan Wicayuoniahn Oyanke**
No Physical Address, 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
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/](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.

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](http://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](http://www.1800runaway.org)

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

**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

**Sober Living Home offered at Oxford House**
3602 Arizona Street, Rapid City, SD 57701
**Hours:** 9:00am - 9:00pm (MT), Monday - Sunday
**Phone:** (605) 569-2111
**Eligibility:** Women
Non-tolerance sober living house for women. Also has two sober-living houses for men.

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

**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.

**Passages Women's Transitional Living**
Rapid City, SD 57709

**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.

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**Housing Assistance 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:** A coordinated entry appointment is often required before application. Income and situational conditions apply. Screening is conducted upon inquiry to determine appropriateness or to redirect to a more appropriate source of support. Housing assistance services through VOA are intended for placement purposes and are available to those residing in the 15 counties of west-river. This program is not appropriate for those who are housed and need immediate rent or utility assistance. Instead it is intended for those who are homeless and in need of permanent housing stability. As a comprehensive program, case management participation is required for minimum of 3 months. Security deposits can be provided as a separate service to those with qualifying income. Additional eligibility criteria applies.

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**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/](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.

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**Pennington County Sheriff's Office - Addiction Treatment Services offered at Pennington County**

321 Kansas City Street, Suite 110, Care Campus, Rapid City, SD 57701  
**Website:** [www.pennco.org/sheriff/](http://www.pennco.org/sheriff/)  **Email:** ccadp@pennco.org

**Hours:** Administrative hours: 8:00am - 5:00pm (MT) Monday - Friday  
Detox open: 24 hours a day / 7 days a week. **Please note - Substance use assessments are not scheduled. However, clients can come at 8:00am and assessments are first come, first serve with 2-4 walk-in appointments daily.**

**Phone:** (605) 394-6128

**Eligibility:** Open to adults with substance abuse issues

Providing alcohol and drug assessments, group outpatient treatment, detoxification, involuntary and emergency commitments, safe solutions/safe bed program and crisis care intervention and screening.

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**New Dawn Center offered at Residential Treatment Program**

19271 SD Highway 79, Vale, SD 57788

**Hours:** Facility is open and staffed 24 hours a day / 7 days a week. *COVID info below

**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.

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**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

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

Clinical Services offered at Aneptu Luta Otipi
North Route, Kyle, SD 57752
Hours: 9:00am - 4:00pm (MT), Monday - Friday
Phone: (605) 455-2331

Eligibility: Enrolled Tribal Members 12 years of age and older; degree of Indian blood or Tribal Enrollment number required.
A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as intricately linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (ie. wacatognaka (generosity), woohitika (courage), wowacitaka (perseverance), waoholaka (respect), wasila (compassion), and woksape (wisdom)).

Alcohol and Substance Abuse Services include:
-Alcohol and Drug Evaluation/Assessments (Phone assessments by appointment):
-Provides alcohol and substance abuse diagnostic services to determine the presence of alcohol and substance abuse disorders. Results from client assessment are used to arrange treatment, recovery support, and other social services that are administered within the Tribe and external agencies. Call to set up an appointment

-Outpatient Treatment:
-Provides intervention for individuals and families burdened with alcohol and substance abuse disorders. Provides group and individual counseling as well as education on a wide variety of topics. When implemented in a group setting, Outpatient Treatment works toward creating an environment of positive peer culture where clients learn from each other’s experiences and work together to develop solutions to common problems. Outpatient Treatment is tied to each client's individual treatment/success plan, which facilitates the development of new life skills necessary to eliminate alcoholism, substance abuse, and other destructive behavior.
-Outpatient Treatment Groups (more than 3 groups active online)
-Youth Group (2 active groups at 5:00pm on Thursdays)

-Day Treatment:
-Provides intensive alcohol and drug treatment for 5 - 7 hours per day for several days a week. Day treatment programming that serves inmates in the Adult Offender Facility (AOF) in Pine Ridge, SD. The duration of client participation is dependent upon the specific evidence based curriculum being used to guide day treatment programming.

-Primary Residential Treatment:
-Facilitates the rehabilitation of an alcohol/substance abuse user by placing the client in a highly structured therapeutic environment that is short-term ranging from 30 to 60 days. Provides diagnostic services, group and individual counseling, alcohol and drug abuse education. Assists the client cultivate psychological self-awareness and positive self-esteem, healthy decision making skills, coping strategies, and attitudes of civic/community responsibility.

-Medication Assisted Treatment (MAT)
-In office visits every Monday from 9:00am - 1:00pm at Pine Ridge Counseling Center. Telehealth appointments available Monday - Friday by appointment.

-DUI/DWI Classes (Online)
-Call to register. Pre-registration, attendance in both sessions and successful test required.

SD Housing Search offered at South Dakota Housing Development Authority
A free housing locator providing information on Section 8 and income based rental units.

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

**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.

**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 Open 24 hours a day / 7 days a week
Phone: (605) 995-8180
Eligibility: Open to all
Strives to respond to the needs of individuals in the Mitchell area affected directly or indirectly by mood-altering chemical use or dependency through professional prevention services, education, assessment, intervention, counseling, referral, group and individual therapy, social detoxification, transitional living and continued care.

**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 two distinct programs:
- social setting detoxification
- halfway house

Emphasizes the restoration of dignity and self-worth while teaching individual responsibility, including the development of independent living skills, relapse prevention, coping skills, social skills training, and offering opportunities for spiritual growth.

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.

**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.

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

**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).
Hope Prison Ministry  
PO Box 284, Sioux Falls, SD 57104  
Website: [www.hopeprisonministry.com](http://www.hopeprisonministry.com)  
Email: hopeprisonministry@gmail.com  
Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday  
Phone: (605) 338-7526  
Eligibility: All prison inmates released within the last 6 months and have not been assisted by Hope Prison Ministry previously.  
Helps men and women after release from incarceration by providing them with clothes and resources needed to find food, housing resource information and other items on a one-time basis.

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](http://www.voa-dakotas.org)  
Email: info@voa-dakotas.org  
Hours: 24 hours a day / 7 days per week  
Phone: (605) 357-0982  
Eligibility: Pregnant and parenting women aged 18 and older are eligible for the New Start for Women program.  
Offers substance use evaluations for adolescents and adults. The evaluation is the first step in determining if the individual needs further assistance with their substance use.

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  
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](http://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/](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.language-line.com  Email: customer-care@language-line.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 *COVID info below
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.

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
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:** knuppecounseling@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 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 Black Hills Center for Healing and the Advancement of Psychotherapy**
2525 W. Main Street, Suite 303A6, 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 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=IwAR0zbLgLqDU7FjcmE9YN50GPGs5UVKoXcNzQpXyilWiklo4C](https://family-first-therapy-services-llc.business.site/?fbclid=IwAR0zbLgLqDU7FjcmE9YN50GPGs5UVKoXcNzQpXyilWiklo4C)  
**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 *COVID info below  
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 *COVID info below  
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 Rising Hope Counseling, LLC  
1301 W. Omaha Street, Suite 202, Rapid City, SD 57701
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 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 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, 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.

**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  
**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 Community Health Center of the Black Hills, Inc.
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 Email: ccgeneral@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 Email: ccgeneral@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 Email: barsecounseling@gmail.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

Oglala Sioux Tribe - 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 Community Health Center of the Black Hills, Inc.
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. o 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 Community Health Center of the Black Hills, Inc.
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 North Lacrosse, Rapid City, SD 57701  
*Hours:* 8:00am - 5:00pm (MT), Monday - Friday Flexible to meet the needs of participants  
*Phone:* (605) 858-3804  
*Eligibility:* American Indian youth ages 10-24 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. The CWOY Support Navigator program is designed to provide support for American Indian youth 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 in need of 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

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

725 N. LaCrosse Street, Rapid City, SD 57701  
*Hours:* 8:00am - 5:00pm (MT), Monday - Friday  
*Phone:* (605) 718-5095  
*Eligibility:* American Indian enrollees
Oyate Behavioral Health is a component of Integrated Health Care. Individual Behavioral health services are offered through Clinic Appointment and Telehealth scheduled appointments. Walk-ins may be available. Provides the following services:

- Comprehensive assessment
- Outpatient child/adult counseling and psychiatric services
- Medication management
- Group and family counseling
- Community support and education
- Telepsychiatry consultation
- Dual diagnosis treatment

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

**Counseling Services offered at 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, premarital, families, relationship issues, parenting, work-life balance, LGBTQ, grief and loss, serious and chronic disease, postpartum depression, infertility, stress management, eating disorders, physical disability, abuse issues, and chronic pain. 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  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 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.

Fall River 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) 745-8910
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](http://www.bellefourchecounseling.com)  
**Email:** info@bellefourchecounseling.com  
**Hours:** 8:00am - 5:00pm (MT), Monday - Friday  
**Phone:** (605) 722-8090  
**Eligibility:** Open to all

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

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

Strives to provide culturally relevant and sensitive care.

**Prevention Services offered at Aneptu Luta Otipi**

North Route, Kyle, SD 57752  
**Hours:** 9:00am - 4:00pm (MT), Monday - Friday  
**Phone:** (605) 455-2331  
**Eligibility:** Enrolled Tribal Members 12 years of age and older; degree of Indian blood or Tribal Enrollment number required.

A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (i.e. wac'a'ogtana (generosity), woohitika (courage), wowac'i'ka (perseverance), waohlaka (respect), wau'sila (compassion), and woksape (wisdom).

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

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

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

**Support Groups offered at Aneptu Luta Otipi**

North Route, Kyle, SD 57752  
**Hours:** 9:00am - 4:00pm (MT), Monday - Friday  
**Phone:** (605) 455-2331  
**Eligibility:** Enrolled Tribal Members 12 years of age and older; degree of Indian blood or Tribal Enrollment number required.
A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (ie. wacatognaka (generosity), woohitika (courage), wowacitaka (perseverance), waoholaka (respect), wausila (compassion), and woksape (wisdom)).

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

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
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 Rising Hope Counseling, LLC
426 N. Highway 281, Suite 3, Aberdeen, SD 57401
Website: risinghope605.com  Email: admin@risinghope605.com
Hours: Call for more information.
Phone: (605) 494-1500
Eligibility: Open to all
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Inspire Counseling, LLC
405 8th Avenue N.W., Suite 321, Aberdeen, SD 57401
Hours: 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 2:30pm (CT), Friday
Phone: (605) 262-0513
Eligibility: Ages 5 and up
Specific training in trauma therapy including child trauma certified. Works with all ages, diagnosis, and families. Also provides a Spanish speaking translator at no cost if needed. Other services include:
- individual counseling
- divorce counseling
- grief/bereavement counseling
- Dialectical Behavioral Therapy (DBT)
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- play therapy
- trauma informed therapy
- Cognitive Behavioral Therapy (CBT)
- adolescent/youth counseling
- gender identity counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling

Counseling Services offered at Rising Hope Counseling, LLC
1401 N. Main Street, Mitchell, SD 57301
Website: risinghope605.com
Email: admin@risinghope605.com
Hours: Andrea Walcott - MSW, CSW-PIP, QMHP
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 Rising Hope Counseling, LLC**
818 S. Broadway Street, Suites 109 & 110, Watertown, SD 57201
Website: risinghope605.com Email: admin@risinghope605.com
Hours: Call for information.
Phone: (605) 494-1500
Eligibility: Open to all
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**
610 W. 23rd Street, Suite 7, Marne Creek District, Yankton, SD 57078
Website: risinghope605.com Email: admin@risinghope605.com
Hours: Call for information.
Phone: (605) 494-1500
Eligibility: Open to all
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**Counseling Services offered at Rising Hope Counseling, LLC**
304 W. SD Highway 38, Suite 126, Hartford, SD 57033
Website: risinghope605.com Email: admin@risinghope605.com
Hours: Call for information.
Phone: (605) 494-1500
Eligibility: Open to all
Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

**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 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.

**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 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.

**Counseling Services offered at Lourdes Center, The**
523 N. Duluth Avenue, Sioux Falls, SD 57104  
**Website:** 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.

**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.

**Counseling Services offered at Aspire Counseling, LLC**  
6340 S. Western Avenue, Sioux Falls, SD 57108  
**Website:** [www.aspirecounselingsd.com](http://www.aspirecounselingsd.com)  
**Email:** info@aspirecounselingsd.com  
**Hours:** 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT), Friday  
**Phone:** (605) 277-1422  
**Eligibility:** Ages 5 and up

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

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

**Counseling Services offered at 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.

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

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 age 18 and up
Provide a safe and compassionate space for people from all walks of life to work through various mental health struggles so they can live a more vibrant and healthy life. Specializes in LGBTQ+ topics and sex therapy, however, also addresses mental health concerns such as depression, anxiety, trauma, parenting difficulties, and grief.

**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**
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

Care-A-Ride
Rapid City, SD 57702
Website: www.carearide.com  Email: carearide@gmail.com
Hours: 8:00am - 5:00pm (MT), Monday - Friday, but will do earlier for procedures, special conditions **COVID info below**
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.

Rapid Transit System - RapidRide offered at City of Rapid City
333 6th Street, Rapid City, SD 57701
Hours: 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
Public Transit offered at Prairie Hills Transit
2015 Tumble Weed Trail, Spearfish, SD 57783
Website: www.prairiehillstransit.com  Email: dispatch@prairiehillstransit.com
Hours: Office hours: 7:00am - 5:00pm (MT), Monday - Friday Service hours vary in each community. 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 day's notice.

River Cities Public Transit - East Pennington/Haakon County Prairie (Satellite Office) 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 In town service hours: 7:30am - 4:30pm (MT), Monday - Friday
Phone: (605) 945-2360
Eligibility: Open to all
Service to Rapid City every Wednesday (pre-scheduled) round trip. Please call 48 hours in advance. Primarily for medical trips; however, shoppers may ride along when medical trips are scheduled.

There are many transportation grant opportunities available through RCPT. Call for more information.
RCPT coordinates with all other transit agencies in South Dakota and can facilitate a ride statewide.
Also, is Jefferson Lines associated; the North/South connection.

River Cities Public Transit - 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. Additional rides for other purposes (grocery shopping, etc.) can be arranged during a medical appointment trip, but the main purpose must be for a medical appointment.

Also, is Jefferson Lines associated; the North/South connection.
Accepts Medicaid; there are many transportation grant opportunities available through RCPT.