


General
<p>Call to Freedom (Human Trafficking Prevention) 888-373-7888</p> <p>Center of Hope (12) 605-334-9789 1905 E. 8th St (Empower Campus)</p> <p>DSS Child Protection Services 877-244-0864 To report child abuse</p> <p>Furniture Mission Dial 211 for a referral</p> <p>Long Term Services and Support Office 833-663-9673 To report elder abuse</p> <p>Moving Assistance Program 605-221-5950 Helps move belongings</p> <p>Necessities for Neighbors (Household items) 1st Sun of the month, 3:00pm - 4:00pm Peace Lutheran - 5509 W. 41st St (23) 3rd Tues of the month, 6:00pm - 7:00pm First Lutheran - 327 S. Dakota Ave (24)</p> <p>Sioux Falls School District (29) 605-367-7900 - IPC/Main Office 201 E. 38th St 605-367-4282 - Homeless Education</p> <p>Social Security Office (31) 877-274-5421 5021 S. Nevada Ave</p>
Child Care Resources
Looking for child care? Call 211
Shelters
<p>Bishop Dudley Hospitality House (5) 605-809-8424 101 N. Indiana Ave</p> <p>Children's Home Shelter for Family Safety (11) (Domestic violence) 605-338-4880 113 N. St. Paul Ave</p> <p>Union Gospel Mission 605-334-6732 (Women's) 703 E. 8th St (13) 605-357-8271 (Men's) 220 N. Weber Ave (26)</p>

Healthcare
<p>Avera Medical Call Center (aka Ask A Nurse) 605-322-6877</p> <p>Avera Medical Group Health Care Clinic (2) 605-322-6800 300 N. Dakota Ave, Ste 117</p> <p>Center of Hope Free Evening Clinic (12) (6:00pm - 8:30pm, Wed & Thurs) 605-271-1331 1905 E. 8th St (Empower Campus)</p> <p>Falls Community Health (16) 605-367-8793 - Medical 605-367-8022 - Dental 521 N. Main Ave, Ste 100</p> <p>My Sanford Nurse 605-333-4444</p> <p>Sanford Health Midtown Clinic (25) Reproductive Health Services 605-312-8350 1420 W. 22nd St., Ste 301</p> <p>Sioux Falls VA Medical Center (30) 605-336-3230 2501 W. 22nd St</p> <p>South Dakota Urban Indian Health (33) 605-339-0420 1200 N. West Ave</p> <p>USD Dental Clinic (16) 605-367-8046 521 N. Main Ave, Ste 202</p>
Housing Resources
<p>Are you homeless? For assessment of program eligibility, call 1-800-664-1349, 605-334-2808, or go to ICAP (7) in person at 409 N. Western Ave</p>
<p>Sioux Falls Housing & Redevelopment (10) 605-332-0704 3900 W. 53rd St</p> <p>Sioux Falls Human Relations/Fair Housing 605-367-8745</p> <p>St. Francis House (Transitional housing) (35) 605-334-3879 210 N. Sherman Ave.</p>


Food
<p>Banquet, The (4) Breakfast: 7:00am - 8:00am, Mon - Fri Lunch: 11:30am - 12:30pm, Sat Dinner: 6:00pm - 7:30pm, Mon - Fri 605-335-7066 900 E. 8th St</p> <p>Banquet West, The (3) Dinner: 6:00pm - 7:30pm, Mon - Fri 710 N. Marion Road</p> <p>Bishop Dudley (5) 11:30am, Mon - Fri; 3:30pm, Sat & Sun 101 N. Indiana Ave</p> <p>Feeding South Dakota mobile food locations Feedingsouthdakota.org/mobile</p> <p>Food to You Mobile Food Pantry 6:00pm - 7:00pm Thurs call 211 for locations</p> <p>Faith Temple Church Food Giveaway (15) WH Lyons Fairgrounds 100 N. Lyon Blvd Most Fri, line-up starts at 2:00pm</p> <p>Messiah New Hope Lutheran (38) 10:00am - 12:00noon, Mon 5001 E. Madison St</p> <p>Salvation Army Sioux Falls, The (8) Dinner: 4:45pm-5:45pm, Sat & Sun Breakfast: 8:45am - 9:30am, Sun 605-332-2331 800 N. Cliff Ave Food Pantry: Mon - Fri 9am-11:30am, 1pm-3:30pm 605-332-2331 900 N. Cliff Ave</p> <p>Union Gospel Mission (26) Daily meals 7:00am, 12:00noon, and 6:00pm Food box 1:00pm - 4:00pm Tues and Thurs</p>
Transportation
<p>Sioux Area Metro - Bus Depot (27) 605-460-6256 120 E. 11th St</p> <p>Via SAM On Demand 605-460-6256 Call to book a ride City-wide service Monday - Saturday</p>

Sioux Falls

Helping Hand Emergency Resource Guide



DIAL 211 OR TEXT YOUR ZIP
CODE TO 898211



Created by: Helpline Center
Updated: March 2026

Helpline Center...start here!	
Call 211 or text your zip code to 898211 Visit helplinecenter.org	
Alcohol / Drug Issues	
Support Groups (AA, NA, GA, SMART, etc.) Call 211	
Carroll Institute (9)	605-336-2556 310 S. 1st Ave
Face It TOGETHER Sioux Falls (14)	605-274-2262 5020 S. Tennis Ln, Ste 4
iRecover (18)	605-271-2168 1417 S. Minnesota Ave
The Link (28)	605-275-1000 132 N. Dakota Ave
SD Resource Hotline for Substance Use	800-920-4343
Mental Health	
Avera Behavioral Health Assessment (1)	605-322-4065 4400 W. 69th St, Ste 100
Crisis & Suicide Lifeline	988 Call or text to chat
Solace (22)	605-336-1974 2210 S. Brown Pl
Sioux Falls Psychological Services (37)	605-334-2696 2109 S. Norton Ave
Southeastern Behavioral HealthCare (36)	605-336-0510 2000 S. Summit Ave
Behavioral Health Resource Guide	www.helplinecenter.org/2-1-1/resource-guides

Job Search	
Goodwill Job Center (17)	605-357-6171 3401 S. Duluth Ave
Dept. of Labor - Sioux Falls Job Service (20)	605-367-5300 1501 S. Highline Ave, Ste 1D
Financial	
Community Outreach (19)	Rent/deposit, utilities, car repairs 605-331-3935 1915 E. 8th St, Suite 105
DSS Low Income Energy Assistance Program	800-233-8503 LIEAP - heating
DSS Sioux Falls (20)	SNAP, TANF, medical programs, child care assistance, child support 605-367-5444 1501 S. Highline Ave
Holy Innocents (Diaper Ministry)	Visit https://svdpsd.com/holy-innocents-ministry for days and times 3000 S. Ellis Road (6) 431 N. Cliff Ave (32)
Inter-Lakes Community Action (ICAP) (7)	Utilities, weatherization, and Head Start 605-334-2808 409 N. Western Ave
Minnehaha County Human Services (16)	Rent, deposit, utilities, burial, and medical 605-367-4217 521 N. Main Ave, Ste 201
Salvation Army Sioux Falls (8)	Emergency rent and utilities 605-332-2331 900 N. Cliff Ave
St. Vincent de Paul Society (32)	www.svdpsd.com 431 N. Cliff Ave Rent, utilities, and prescriptions Fill out assistance request form online

