

General	
Center of Hope (12)	(605) 334-9789 1905 E. 8th St (Empower Campus)
DSS Child Protection Services (13)	(877) 244-0864 To report child abuse
Furniture Mission	(605) 977-6800 Dial 211 for a referral
Long Term Services and Support Office (20)	(833) 663-9673 To report elder abuse
Moving Assistance Program	(605) 221-5950
Necessities for Neighbors (Household items)	1st Sun of the month, 3pm - 4pm Peace Lutheran - 5509 W. 41st St (23) 3rd Tues of the month, 6pm - 7pm First Lutheran - 327 S. Dakota Ave (24)
Sioux Falls School District (29)	(605) 367-7900 - IPC/Main Office 201 E. 38th St (605) 367-4282 - Homeless Education
Social Security Office (31)	(877) 274-5421 5021 S. Nevada Ave
Call to Freedom (Human Trafficking Prevention) (40)	(605) 759-3565 1800 W. 12th St., Suite 100

Shelters	
Bishop Dudley Hospitality House (5)	(605) 809-8424 101 N. Indiana Ave
Children's Inn (Domestic violence) (19)	(605) 338-4880 409 N. Western Ave
Union Gospel Mission (37)	(605) 334-6732 701 E. 8th St / 220 N. Weber Ave

Healthcare	
Avera Medical Call Center (aka Ask A Nurse)	(605) 322-6877 Any clinic location
Avera Medical Group Health Care Clinic (2)	(605) 322-6800 300 N. Dakota Ave, Ste 117
Destiny Outreach After Hours Clinic (12)	(6pm - 8:30pm, Wed & Thur) (605) 777-3439 1905 E. 8th St (Empower Campus)
Falls Community Health (16)	(605) 367-8793 - Medical 4 Locations (605) 367-8022 - Dental 521 N. Main Ave, Ste 100
My Sanford Nurse	(605) 333-4444 Any clinic location
Sanford Health Midtown Clinic (26)	(605) 312-8350 1205 S. Grange Ave, Ste 301
Sioux Falls VA Medical Center (30)	(605) 336-3230 2501 W. 22nd St
South Dakota Urban Indian Health (33)	(605) 339-0420 1200 N. West Ave
USD Dental Clinic (38)	(605) 367-8046 521 N. Main Ave, Ste 202

Housing Resources

Are you homeless? For assessment of program eligibility, call (800) 664-1349 or go to ICAP (19) in person at 505 N. Western 8am - 4:30pm, Mon - Fri


Sioux Falls Housing & Redevelopment (28)	(605) 332-0704 630 S. Minnesota Ave
Sioux Falls Human Relations/Fair Housing	(605) 367-8745
St. Francis House (Transitional housing) (35)	(605) 334-3879 210 N. Sherman Ave.

Food	
Banquet, The (4)	Breakfast: 7am - 8am, Mon - Fri Lunch: 11:30am - 12:30pm, Sat Dinner: 6:00pm - 7:30pm, Mon - Fri (605) 335-7066 900 E. 8th St
Banquet West, The (3)	Dinner: 6:00pm - 7:30pm, Mon - Fri 710 N. Marion Road
Bishop Dudley (5)	11:30am, Mon - Fri 101 N. Indiana Ave
Feeding South Dakota mobile food locations	Feedingsouthdakota.org/mobile
Food to You Mobile Food Pantry	6pm - 7pm Thursdays Dial 211 for location
Faith Temple Church Food Giveaway (15)	WH Lyons Fairgrounds Nordstrom Johnson Bldg Most Fridays, doors open at 3pm
Salvation Army Sioux Falls, The (25)	Dinner: 5-6pm, Sat, Sun; Bkfast: 9:30am, Sun Food Pantry: Mon, Wed, Fri (605) 332-2331 900 N. Cliff Ave
Union Gospel Mission (37)	Daily meals 7am, 12noon, and 6pm (605) 334-6732 220 N. Weber Ave
WIC - SD Dept. of Health (For kids under 5) (39)	(605) 367-5228 4101 W. 38th Street

Transportation	
Sioux Area Metro - Bus Stop (27)	(605) 367-7151 120 E. 11th St


Child Care Resources	
Looking for child care? Dial 211	

Sioux Falls
Helping Hand
Emergency
Resource Guide



DIAL 211 OR TEXT YOUR ZIP
CODE TO 898211

To view an interactive program
map, scan the QR code:



Curated by: The Helpline Center
Updated: November 2021

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.) Dial 211
Carroll Institute (27) (605) 336-2556 310 S. 1st Ave
Face It TOGETHER Sioux Falls (14) (605) 274-2262 5020 S. Tennis Ln, Ste 4
The Link (36) (605) 271-1000 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
Helpline Center Dial 211 helplinecenter.org/sfmhg for list of counselors
Heuermann Counseling Clinic (18) (605) 336-1974 2210 W. Brown Pl
(LSS) Lutheran Social Services (21) (855) 334-2953 705 E. 41st St, Ste 100
NAMI (National Alliance on Mental Illness) (605) 271-1871
Southeastern Behavioral HealthCare (38) (605) 336-0503 100 W. 5th St
VOA Family Crisis Intervention (605) 366-6757

Job Search
Goodwill Job Center (17) (605) 357-6171 3401 S. Duluth Ave
Dept. of Labor - Sioux Falls Job Service (20) (605) 367-5300 811 E. 10th St, Dept. 41
Financial
Community Outreach (12) (605) 331-3935 Rent and deposit, utilities, car repairs Call Thurs @ 9am to schedule appointment
DSS Low Income Energy Assistance Program (800) 233-8503 LIEAP - heating
DSS Sioux Falls (20) SNAP, TANF, Medical programs, Child Care Assistance, Child Support, Long Term Services and Supports (605) 367-5444 811 E. 10th St
Inter-Lakes Community Action (ICAP) (19) Utilities, weatherization, and Head Start (605) 334-2808 505 N. Western Ave
Minnehaha County Human Services (38) Rent, deposit, utilities, burial, and medical (605) 367-4217 521 N. Main Ave, Ste 201
Salvation Army Sioux Falls (25) Eviction prevention, utilities, work gear (605) 332-2331 900 N. Cliff Ave
St. Vincent de Paul Society Rent, utilities, and prescriptions (605) 338-4111 Leave voicemail 9am, Tues or Thurs
Holy Innocents (Diaper ministry) (32) 9am - 11:30am, Wed & Sat, only on the 1st, 2nd & 3rd week of each month.

