

SOUTH DAKOTA POST-ADOPTION RESOURCE GUIDE

by County

Descriptions provided by service providers.

Information is not an endorsement of any specific provider.

Updated 1/30/26

ADOPTION COMPETENT MENTAL HEALTH THERAPISTS

Day County

Rising Hope, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

Amanda Kirkeby

605-494-1500

1119 Main St

Webster, SD 57274

<https://risinghope.com/webster-sd/>

Lincoln/Minnehaha County

Graceful Counseling LLC

Provides supportive mental health services for adults and adolescents through individual, group and family counseling. Focuses on building strong therapeutic relationships to help clients explore emotions, increase self-awareness and find direction for their future.

Julia Larson

605-549-1200

3922 S Western Ave

Sioux Falls, SD 57105

<https://www.gracefulcounselingllc.com>

Reverence Counseling

Offers mental health services for individuals of all ages, specializing in trauma, adoption, foster care, anxiety, depression, addictions and sports-related challenges. Uses evidence-based therapies like CBT, Trauma-Focused CBT, Theraplay and attachment techniques. Emphasizes a collaborative, team-based approach to help clients navigate life's difficulties and build resilience.

Alex Capell

605-937-6654

5021 S Bur Oak Pl

Sioux Falls, SD 57108

<https://www.reverencecounseling.com/>

Revival Counseling Services Inc.

Provides mental health and chemical dependency counseling for individuals, couples and families, using Cognitive Behavioral Therapy and other solution-focused interventions to help clients effectively address their challenges.

Erin Meyer

605-359-0303
4948 E 57th St
Sioux Falls, SD
<https://revivalcounselingservices.org/>

Sprout Play Therapy & Counseling Services

Sprout started in 2016 as a solo practice and grew into a small group in 2020, with a team offering diverse expertise to support clients. The practice values every individual, emphasizing acceptance, belonging and care. Staff hold advanced credentials and specialize in adoption, foster care, trauma and EMDR. They are pursuing Approved Supervisor status and prioritize fairness, honesty, spirituality, prudence and teamwork.

Vanessa Hoogendoorn
605-799-6182
6209 E Silver Maple Circle Suite 102
Sioux Falls, SD 57110
www.sproutplaytherapyandcounseling.com

Linking the Gap

Linking the Gap serves South Dakota, providing comprehensive mental health therapy to the entire community. Their experienced therapists use proven techniques to help with trauma, addiction and mental illness, offering a safe space to support and empower individuals.

Mason Kennedy
contact@linkingthegapsd.com
3922 S Western Ave
Sioux Falls, SD 57105
<https://linkingthegapsd.com/>

Pennington County

Scovel Psychological

Our providers work with a wide range of emotional and behavioral issues, providing services from depression and grief counseling to parenting support, couples counseling and beyond. We offer a highly personalized approach tailored to each client's individual needs in a comfortable and supportive atmosphere. Our goal is to help each individual attain the personal growth they seek.

Lindsay Harris
605-721-8822
2902 W Main St Suite 2
Rapid City, SD 57702
<https://scovelpsychological.com>

Hope and Healing Mental Health

Our mission is to provide trauma-informed, compassionate and evidence-based mental and behavioral health care that empowers individuals to heal, grow and thrive. We are committed to creating a safe, inclusive and supportive environment where every person is met with dignity, empathy and understanding.

Amy Marker, Nichole Knepp and Melanie Delaney
605-484-8424

4447 S Canyon Rd, Suite 6
Rapid City, SD 57702
<https://www.hopeandhealingmentalhealth.com/>

MENTAL HEALTH FACILITIES

Beadle County

Rising Hope, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
79 2nd St SW Suite 202
Huron, SD
<https://risinghope.com/>

True Reflection Counseling & Play Therapy

We aim to create a safe, professional and non-judgmental environment where creating connections and building trust is at the foundation of the services we provide. We value growth through vulnerability and believe in the healing power of being seen and heard. We hope to spread a little warmth and positivity to those who choose to invite us into their story. We offer individual counseling for all ages, Play Therapy™, pre-marital counseling, couples/marriage counseling, family counseling and EMDR. Teddy, a Canine Good Citizen, is in sessions with Kellie, and we offer Animal Assisted Therapy™ with Ashley and Loomis.

605-550-0632
2297 Kansas Ave SE Suite 5
259 Dakota Ave Suite 7
Huron, SD
<https://truereflectionscounseling.com/>

Community Counseling Services

Community Counseling Services provides state-accredited outpatient treatment for mental health and substance use disorders for youth, adults and families, with funding assistance and sliding fee scales available. Programs include intensive, family-focused care for children (SED), skill-building and recovery support through the CARE and IMPACT programs and wraparound services for at-risk youth and families through the System of Care (SOC). Supportive housing is offered at the Bradfield-Leary Center for participants in CARE and IMPACT. Psychiatric services, including medication management, are available via telemedicine to ensure accessible, individualized care.

605-352-8596
HURON MAIN OFFICE | 357 Kansas Ave SE
BEHAVIORAL HEALTH & ADMINISTRATION OFFICES | 88 3rd St SE

BRADFIELD LEARY CENTER | 317 Iowa Ave SE
<https://www.ccs-sd.org/>

Bon-Homme County

Rising Hope Counseling, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
451 Main St
Scotland, SD 57059
<https://risinghope.com/>

Brookings County

Yellow Brick Road Counseling and Therapy

Mental health clinic focused on safely and effectively addressing trauma. Services include individual, family, couples and youth counseling, as well as specialized therapies like DBT, CBT, EMDR and support for abuse survivors, grief, divorce and more. Telemental health is also available.

605-214-6855
601 4th St
Brookings, SD
yellowbrickroadcounselingtherapy.com

Circle of Encouragement Counseling

Provides individual therapy and consultation for anxiety, depression, grief, parenting and more, focusing on children, teens and families. Also offers training for schools and communities.

605-691-7630
1514 12th St S
clarkdeb@brookings.net

Clear Perspective Counseling Associates

Provides counseling for individuals, couples, groups and families addressing issues like anxiety, depression, trauma, relationships and more, with EMDR and brain spotting available.

605-651-7416
1451 6th St
Brookings, SD
<https://www.clear-perspectives.com/>

Brookings Counseling Solutions, LLC

Offers treatment assessments and counseling for individuals 10+ and families, using trauma-informed, holistic approaches both in-person and via telehealth. Therapies include CBT, Animal Assisted Therapy, EFT and more, with brain spotting and ART.

605-999-6162

1304 Main Ave S
Brookings, SD
brookingscounselingsolutions.com

Alpine Counseling Services, LLC

Provides evidence-based therapy for all ages, specializing in parent training for behavior management and treating anxiety, depression, PTSD and OCD. Online therapy is available when appropriate.

605-620-1706
510 Main Ave Suite 1
Brookings, SD
www.alpinecounselingsd.com

Uckert Counseling

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

605-592-5300
619 5th Ave Suite 3
Brookings, SD
www.uckertcounseling.com

Brookings Behavioral Health & Wellness Counseling

Offers comprehensive outpatient therapy and support for children, adolescents, adults and families, including substance abuse services and outpatient psychiatric care. Walk-in assessments are available during business hours, with 24/7 emergency mental health crisis support.

605-697-2850
211 4th St
Brookings, SD
www.brookingsivycenter.org

Lighthouse Counseling Services

Provides mental health services for individuals, couples and families, specializing in anxiety, depression, PTSD, autism and veteran issues. Certified trauma specialist offering in-person and telehealth counseling.

605-690-4645
628 Main Ave Suite B
Brookings, SD
lighthousecounselingservices@outlook.com

Brown County

Rising Hope, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
1206 S Main St Suites 1–5

Aberdeen, SD
<https://risinghope.com/>

Dakota Group Psychological Arts & Sciences

Healing begins with connection—to individuals, families and the community. We provide personalized, strength-based mental health care for challenges like anxiety, depression, trauma, ADHD and addiction. Our clinicians use a variety of therapies, including CBT, DBT, mindfulness, EMDR and somatic approaches, tailored to your unique needs. We accept most insurance and proudly offer free services to participants in Brown County's Drug/DUI Court. Through skill-building and compassionate support, we help you adapt, grow and thrive.

605-725-9565
405 8th Ave NW Suite 205
Aberdeen, SD
<https://www.dakpsych.com/>

Destinations Therapy

Life can be challenging, bringing stress and emotional pain that feel hard to overcome. There is hope for healing, meaning and purpose. A supportive, welcoming space is available to guide and partner through this journey. Seeking help is a brave first step toward growth, with flexible hours to fit busy lives.

605-216-3083
405 8th Ave NW Suite 321
Aberdeen, SD
<https://destinationstherapy.com/>

SoDak Counseling

SoDak Counseling offers personalized individual counseling to help set goals and overcome challenges, supporting your mental health journey. Our addiction counseling focuses on identifying triggers and trauma, providing tools to break unhealthy patterns. We take a holistic approach to depression and anxiety, guiding clients through healing and equipping them with skills to move forward with hope and joy.

605-299-9100
12 2nd Ave SW Suite 201
Aberdeen, SD
<https://www.rapidcitycounselor.com/sodakcounseling>

Northeastern Mental Health Center

Northeastern Mental Health Center is a community treatment center dedicated to the health, wellness and recovery of those with mental health and substance use disorders.

605-225-1010
14 S Main St Suite 1E
Aberdeen, SD
<https://nemhc.org/>

Chasing Dandelions Play Therapy & Counseling Services

Offering counseling services for individual, youth, parent, LGBTQ+, play therapy and trauma-informed therapy. Areas of focus include grief, anxiety, depression, ADHD, stress management and coping skills.

605-626-1899
708 S Roosevelt St Suite 2

Aberdeen, SD 57401
<https://www.chasingdandelionscounseling.com/>

Butte County

Belle Fourche Counseling, LLC

Individual and family therapy services specializing in EMDR, trauma and abuse focused CBT, critical incident stress management, Thinking for a Change Group and Love and Logic Parenting. Offers telehealth counseling through a secure video connection.

605-722-8090
515 National St Suite 103
Belle Fourche, SD 57717
www.bellefourchecounseling.com

Action for the Betterment of the Community

Substance use programming providing chemical abuse assessments, groups and individual services. Classes/workshops and prevention programming available for middle schools and communities. Walk-in assessments and telehealth services available.

605-347-2991
1853 5th Ave
Belle Fourche, SD 57717

Hope and Healing Mental Health

Our mission is to provide trauma-informed, compassionate and evidence-based mental and behavioral health care that empowers individuals to heal, grow and thrive. We are committed to creating a safe, inclusive and supportive environment where every person is met with dignity, empathy and understanding.

605-484-8424
1853 5th Ave
Belle Fourche, SD 57717
<https://www.hopeandhealingmentalhealth.com/>

Campbell County

Rivers Edge Counseling

Professional individual and family counseling. Services include: mental health screening, cognitive behavioral therapy (CBT), adolescent and youth counseling and telehealth counseling.

N Main St | Herreid, SD
318 Oahe St | Pollock, SD
www.facebook.com

Charles Mix County

Lewis and Clark Behavioral Outpatient Health Services

Outpatient services include individual, family and group therapy for mental health and substance use, along with medication management, psychological assessments and

24/7 crisis intervention. Walk-in assessments are available at the Yankton and Vermillion locations. The CARE Club supports individuals with mental health disabilities by providing skill-building, support and social interaction. Children's Services offers therapy for children with Serious Emotional Disturbance (SED) at home or in the office, involving families in all aspects of care and coordinating with other child-serving agencies.

605-487-6143
Lewis & Clark
51 S 3rd
Lake Andes, SD 57356
www.lcbhs.org

Avera Behavioral Health

Outpatient behavioral health services, counseling for age 7 and up. Counseling services include but not limited to be grief counseling, individual counseling, couples counseling, telehealth counseling, Cognitive Behavioral Therapy (CBT) and trauma-informed therapy.

605-384-3418
513 3rd St SW
Wagner, SD 57380

Clay County

Rising Hope Counseling, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
717 E Main St
Vermillion, SD
<https://risinghope.com/>

Psychological Services Center

Counseling and group therapy sessions for both college students and the general public. Provides individual psychotherapy for children/adolescents/adults, couples and family therapy, diagnostic assessments including ADHD and learning disability testing, consultation services, and presentations and workshops for groups, associations, schools, agencies and businesses around the Vermillion area.

605-658-3720
414 E Clark St
Vermillion, SD 57069
www.usd.edu

Heartland Psychological Services

Offers psychological services to help people in distress relieve their suffering, restore their hope and reach their potential in an environment of encouragement, compassion and respect, with highly qualified staff committed to effective services. Works with

children through geriatric age. Services provided include individual therapy, family therapy and marital therapy.

605-672-1001
116 Market St
Vermillion, SD 57069
sdheartland.com

Lewis and Clark Behavioral Health Services

Outpatient services include individual, family and group therapy for mental health and substance use, along with medication management, psychological assessments and 24/7 crisis intervention. Walk-in assessments are available at the Yankton and Vermillion locations. The CARE Club supports individuals with mental health disabilities by providing skill-building, support and social interaction. Children's Services offers therapy for children with Serious Emotional Disturbance (SED) at home or in the office, involving families in all aspects of care and coordinating with other child-serving agencies.

605-624-9148
Lewis & Clark
200 W Main St
Vermillion, SD 57069
www.lcbhs.org

The Coping Center

A boutique therapy practice created with the goal of providing client-centered emotional wellness services. Carries smaller caseloads to enhance psychological care and to allow clinicians to focus on every aspect of each individual's healing journey. *Only offering telemental health.*

605-206-3399
Vermillion, SD
thecopingcenter.org

Willow Tree Counseling

Provides professional counseling for children, adolescents and adults, addressing issues such as trauma, grief, anxiety, depression, stress, self-improvement, medical challenges and personal or relationship concerns. Services also include support for child development and behavior using play therapy techniques.

605-670-1040
21 Market St
Vermillion, SD 57069
<https://www.willowtree counseling.us/>

Sunstone Counseling

Compassionate care meets professional expertise. We offer personalized support for individuals, couples and families facing challenges like anxiety, depression, trauma and more. Our experienced therapists are here to help you navigate life's difficulties and build a healthier, more fulfilling future.

info@sunstonecounselingllc.com
5 Market St
Vermillion, SD
<https://www.sunstonecounselingllc.com/>

Codington County

Rising Hope, LLC

Provides services for individuals, 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.

605-494-1500
818 S Broadway Suite 113
Watertown, SD
<https://risinghope.com/>

Cedar Lakes Therapy, LLC

At Cedar Lakes Therapy, LLC, we have over 20 years of experience in helping people overcome the acute and life-long effects trauma. This may include emotional, physical, sexual abuse, neglect, PTSD and Complex PTSD. We have been clinically trained and demonstrate the skillful ability to remediate symptoms and help individuals to live a life of emotional wellness, purpose and conviction.

605-753-9030
525 5th SE Suite 2
Watertown, SD
<https://www.cedarlakestherapyimhs.com/>

Human Service Agency

We are a Community Support Provider and Community Behavioral Health Center with a mission to provide high-quality human services that enable people to develop their fullest potential while maintaining the highest standard of ethical and fiscal responsibility.

MAIN BUILDING
605-886-0123
123 19th St NE | Watertown, SD
SERENITY HILLS
605-886-0650
119 19th St NE | Watertown, SD
CARE
605-882-9006
121 19th St NE | Watertown, SD
<https://www.humanserviceagency.org/>

Aspen Counseling

Our treatment here at Aspen Counseling Services includes a combination of cognitive-behavioral therapy, mindfulness strategies and exposure therapy techniques with effective psychotherapy interventions to treat a wide range of issues including post-adoption therapy.

605-878-0606
1019 6th Ave SE
Watertown, SD 57201
<https://aspencounselingservices.net/>

Bridgeway Counseling & Neuropsychology

At Bridgeway Counseling, we are committed to encouraging and guiding patients on their journey toward healing, growth and a value-driven life. We believe in strong training backgrounds for our providers to give our patients the best chance of success. Whether through our comprehensive therapy services or specialized neuropsychological testing, our priority is to provide tailored and exceptional care to meet the unique needs of the patient.

605-886-5262
120 3rd Ave NW
Watertown, SD
<https://bridgewaycounselingcenter.com/>

Corson County

Three Rivers Mental Health & Chemical Dependency Center

Therapists, counselors and case managers provide individuals and family counseling, addiction and dependency services, evaluations and assessments, social learning programs, Systems of Care and prevention services.

605-374-3862
Lutheran Church
212 A 1st Ave W
McLaughlin, SD 57642
www.threeriverscounseling.com

Davison County

Rising Hope Counseling, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
1401 N Main St Suite 108 and 109
Mitchell, SD 57301
[https://risinghope.com/](http://www.risinghope.com)

Dakota Counseling Institute

Dakota Counseling Institute is a private non-profit mental health and addiction services provider serving south central South Dakota. They offer outpatient mental health counseling, substance abuse assessments and treatment through their Stepping Stones facility and case management services at their Pathway location. Their professional team includes licensed counselors, addiction specialists, social workers, nurses and psychiatrists dedicated to supporting individuals and families through a range of behavioral health services.

MENTAL HEALTH
605-996-9686
910 W Havens | Mitchell, SD 57301

PATHWAY
605-996-3723
900 W Havens | Mitchell, SD 57301
STEPPING STONES
605-995-8180
901 S Miller | Mitchell, SD 57301
<http://dakotacounseling.net/>

Engage Counseling & Consulting

Engage Services offers compassionate support during life's most difficult moments, helping individuals, couples, families and organizations find healing and hope. Their experienced staff provides a wide range of services including individual and relationship counseling, trauma therapy (EMDR certified), marriage and family counseling, spiritual guidance and conflict resolution. They also offer teletherapy options through Distance Credentialled Counselors (DCC). Whether you're facing personal struggles or organizational challenges, Engage Services is dedicated to offering care, encouragement and a path forward.

605-990-6500
1130 S Burr St Suite 200
Mitchell SD 57301
<https://www.engageservices.net/>

Joy of Healing

Advanced Clinical Hypnotherapist dedicated to guiding individuals through healing, growth and life transitions. She offers a safe, supportive and non-judgmental space where clients can explore their emotions and reconnect with their inner strength and wisdom. Taking a holistic approach that integrates mind, body and spirit, Joy helps individuals navigate challenges such as anxiety, depression, trauma and personal transformation. With deep compassion and insight, she empowers clients to move forward on their journey toward greater balance and well-being.

605-291-5669
515 W Havens Ave
Mitchell, SD 57301
<https://www.joyofhealingllc.com/>

Finding Hope Counseling

Finding Hope offers substance use services ranging from early intervention for first-time DUI offenders to intensive outpatient treatment requiring structured sessions multiple times a week. Their programs include individual and group counseling, evidence-based therapies like Moral Recognition Therapy and Cognitive Behavioral Therapy and family support to help loved ones understand and cope with addiction. Services are available for both adolescents and adults, with walk-ins welcome.

605-301-8720
115 E Havens St Suite 106
Mitchell, SD 57301
<https://findhopeco.com/>

Day County

Northeastern Mental Health Center

Northeastern Mental Health Center is a community treatment center dedicated to the health, wellness and recovery of those with mental health and substance use disorders.

605-345-3146
101 W 11th Ave
Webster, SD 57274
<https://nemhc.org/>

Dewey County

Three Rivers Mental Health & Chemical Dependency Center

Therapists, counselors and case managers provide individuals and family counseling, addiction and dependency services, evaluations and assessments, social learning programs, Systems of Care and prevention services.

605-374-3862
404 S Spiel Ct
Eagle Butte, SD 57625
www.threeriverscounseling.com

Wakpa Waste Counseling Services

Outpatient program services for substance use and mental health (including co-occurring issues). Incorporates Lakota cultural traditional health along with mainstream modalities.

605-964-0722
24276 166th St, Airport Rd
Eagle Butte, SD 57625
www.cheyennerriversioux.com

Fall River

West River Mental Health

Outpatient counseling for children, adolescents, adults and families. Family Outreach Services: counselors providing intensive counseling and support services for children in community location such as home or school. Psychiatric services include assessments and medication management.

605-745-6222
547 5th St
Hot Springs, SD 57747
www.wrmentalhealth.org

Counseling Services at Hot Springs Site

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 telehealth only.*

Sharon K. Hansen
605-890-0580

HOPE Counseling Center

Offering a supportive, collaborative relationship to develop and meet meaningful goals through individual counseling, family counseling, marriage counseling, play therapy, mental health screening, grief/bereavement counseling, adolescent and youth counseling, parent counseling, spouse/intimate partner abuse counseling, Lifespan Integration Therapy and telehealth services.

605-745-5334
1245 Sherman St
Hot Springs, SD 57747

Grant County

Human Service Agency

Provide addictions assessments and mental health therapy to adolescents through adults. Community mental health center offering the following services: Moral Recognition Therapy (MRT) Group for adolescents and adults, Dialectical Behavioral Therapy (DBT), individual counseling, marriage and family counseling, psychotropic medication management, domestic violence evaluations and follow up services, psychiatric evaluations and medication management. Walk-in assessments are available at the Watertown and Sisseton locations. Also offers telehealth services.

605-886-0123
201 S 5th St
Milbank, SD 57252
www.humanserviceagency.org

Gregory County

Rising Hope Counseling, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
841 Jackson St Suite C
Burke, SD 57523
<https://risinghope.com/>

Southern Plains Behavioral Health Services

Southern Plains Children's counseling services assist families with the sensitive issues of child and adolescent behavior. This program provides mental health services to children with Serious Emotional Disturbance (SED). Therapists help promote change and understanding with those struggling with trauma, conduct disorders, anger, discipline, attention deficit disorders, educational challenges, depression and other social and emotional life needs.

605-842-1465
513 Main St
Gregory, SD 57533
www.spbhs.net

Hand County

Community Counseling Services

Community Counseling Services provides state-accredited outpatient treatment for mental health and substance use disorders for youth, adults and families, with funding assistance and sliding fee scales available. Programs include intensive, family-focused care for children (SED), skill-building and recovery support through the CARE and IMPACT programs and wraparound services for at-risk youth and families through the System of Care (SOC). Supportive housing is offered at the Bradfield-Leary Center for participants in CARE and IMPACT. Psychiatric services, including medication management, are available via telemedicine to ensure accessible, individualized care.

605-352-8596

Hand County Memorial Hospital

300 W Fifth St

Miller, SD 57362

www.ccs-sd.org

Hansen County

Rising Hope Counseling, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500

Hanson Middle School

230 6th St

Alexandria, SD

<https://risinghope.com/>

Hughes County

Capital Area Counseling Services

Provides effective, compassionate care to individuals and families in central South Dakota by promoting wellness, building on strengths and supporting timely, holistic and outcome-focused services. Guided by strong values, the organization emphasizes qualified staff, sustainable practices and community partnerships to help people thrive.

605-224-5811

803 E Dakota Ave

Pierre, SD 57501

<https://cacsnet.org/>

Elevate Wellness & Psychiatry

Elevate Wellness & Psychiatry offers personalized mental health care using a blend of medication, supplements, therapy and lifestyle changes. They create individualized treatment plans and provide referrals for a holistic, integrative approach to wellness.

605-301-7455
1205 N Harrison Ave Suite 100
Pierre, SD 57501
<https://www.elevatewellnesspsychiatry.com/>

Visionary Mental Services, LLC

Specializing in therapy for individuals, couples and families, this practice helps clients overcome challenges and develop effective coping strategies for lasting change.

605-280-9778
1709 N Lincoln Ave Suite 102
Pierre, SD 57501
<https://visionarymentalhealth.com/>

Rising Hope Counseling, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
420 S Henry St
Pierre, SD 57501
<https://risinghope.com/>

Hutchinson County

Rising Hope Counseling, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
104 W Main St
Parkston, SD
<https://risinghope.com/>

Lake County

Community Counseling Services

Community Counseling Services provides state-accredited outpatient treatment for mental health and substance use disorders for youth, adults and families, with funding assistance and sliding fee scales available. Programs include intensive, family-focused care for children (SED), skill-building and recovery support through the CARE and IMPACT programs and wraparound services for at-risk youth and families through the System of Care (SOC). Supportive housing is offered at the Bradfield-Leary Center for participants in CARE and IMPACT. Psychiatric services, including medication management, are available via telemedicine to ensure accessible, individualized care.

605-256-9656
914 NE 3rd St

Madison, SD 57042
www.ccs-sd.org

Rising Hope, LLC

Provides services for individuals, 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.

605-494-1500
121 S Egan Ave
Madison, SD 57042
<https://risinghope.com/>

Lawrence County

Rising Hope Counseling, LLC

Provides services for individuals, 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.

605-494-1500
3105 W Fairground Loop
Spearfish, SD 57783

Northern Hills Counseling Associates

Outpatient mental health counseling services for individuals and families. Services include counseling for individuals, marriage, divorce, substance abuse, grief, DBT, terminal illness, LGBTQ, child abuse, family, couples, trauma informed and more.

605-559-2006
211 N Main St Suite 203
Spearfish, SD 57783
www.northernhillscounselingassociates.com

Black Hills Psychology

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 evaluation.

605-645-0100
115 N 7th St Suite 6
Spearfish, SD 57783
www.blackhillspsychology.com

West River Mental Health

Outpatient counseling for children, adolescents, adults and families. Family Outreach Services: counselors providing intensive counseling and support services for children in community location such as home or school. Psychiatric services include assessments and medication management.

605-642-2777
623 Dahl Rd
Spearfish, SD 57783
www.wrmentalhealth.org

The Life Counseling and Coaching

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.

605-639-5641
1930 North Ave Suite 3
Spearfish, SD 57783
www.thelife counseling.com

Hope and Healing Mental Health

Our mission is to provide trauma-informed, compassionate and evidence-based mental and behavioral health care that empowers individuals to heal, grow and thrive. We are committed to creating a safe, inclusive and supportive environment where every person is met with dignity, empathy and understanding.

605-484-8424
3105 Fairground Loop Suite 207
Spearfish, SD 57783
<https://www.hopeandhealingmentalhealth.com/>

Lincoln/Minnehaha County

Paula Lain Counseling

Paula Lain Counseling & Co. is a woman-owned Sioux Falls practice specializing in empowering women and offering dog-assisted counseling. It provides personalized therapy without red tape and carefully matches clients with therapists. The practice values a supportive team and offers training and supervision for therapists.

paula@paulalaincounseling.com
431 N Phillips Ave Suite 320
Sioux Falls, SD 57104
<https://www.paulalaincounseling.com/>

Southeastern Behavioral HealthCare Counseling & Children Services

Southeastern Behavioral HealthCare is a private, non-profit agency serving more than 5,000 people annually. Committed to promoting emotional wellness, it empowers individuals and communities to find their path in life.

605-336-0510
2000 S Summit Ave
Sioux Falls, SD 57105
<https://www.southeasternbh.org/>

Rising Hope, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
6320 S Western Ave Suite 150 | Sioux Falls
317 N Heritage Pkwy | Tea
904 E 5th St | Canton
304 W SD Hwy 38 Suite 126 | Hartford
<https://risinghope.com/>

Green Oak Therapy

Provides LGBTQ+ affirming care focused on building confidence, happiness and belonging. Uses science-based, personalized approaches to address challenges like dysphoria, relationship struggles and anxiety. Helps clients develop coping skills and thrive in their daily lives.

605-467-7424
4900 S Minnesota Ave Suite 101
Sioux Falls, SD 57108
<https://www.greenoaktherapy.com/>

Sioux Empire Christian Counseling

Sioux Empire Christian Counseling offers Christ-centered therapy in a safe, supportive environment. We provide counseling for couples, individuals and families, addressing challenges like marital issues, personal growth and communication. Our goal is to reflect Christ's love while helping clients heal, grow and strengthen their relationships.

605-271-0261
2000 S Sycamore Ave Suite 101
Sioux Falls, SD 57110
<https://www.siouxempirechristiancounseling.com/>

LaVelle & Associates

Offers personalized therapy for individuals, couples and families, addressing issues like anxiety, depression, trauma, mood disorders and relationship challenges. Her supportive, strength-based approach helps clients achieve lasting growth. She also specializes in EMDR therapy to help heal emotional trauma and promote lasting emotional relief.

605-212-3276
7520 Grand Arbor Ct Suite 133
Sioux Falls, SD 57108
<https://counselingsiouxfallssd.com/>

Sunstone Counseling

Compassionate care meets professional expertise. We offer personalized support for individuals, couples and families facing challenges like anxiety, depression, trauma and more. Our experienced therapists are here to help you navigate life's difficulties and build a healthier, more fulfilling future.

info@sunstonecounselingllc.com
315 N Main Ave Suite 204
Sioux Falls, SD
<https://www.sunstonecounselingllc.com/>

Lyman County

Counseling Service | Lower Brule Sioux Tribe

Offers addiction and mental health services. Licensed professionals provide assessments, outpatient treatment and referrals to specialty care. Crisis assistance, family therapy, support groups and clients are offered resources for cultural/spiritual guidance. Outreach services are provided to the school and corrections.

605-473-5584
187 Oyate St
Lower Brule, SD 57548

Meade County

Black Hills Counseling LLC

Individual, couples and family counseling (ages 12 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 all mental health conditions and addictions.

605-720-8090
1238 Main St Suite 4
Sturgis, SD 57785
www.blackhillscounseling.net

Make It Happen Counseling, LLC

Provides individual counseling for children ages 12–18, adults and older adults. Areas include depression, anxiety, stress, self-esteem, grief, trauma adjustment and relationship issues. Utilizes cognitive behavioral therapy (CBT), solution-focused and strength-based strategies in treatment. Face to face and telehealth options available.

605-490-7911
824 1st St
Sturgis, SD 57785

Action for the Betterment of the Community

Substance use programming providing chemical abuse assessments, groups and individual services. Classes/workshops and prevention programming available for middle schools and communities. Walk-in assessments and telehealth services available.

605-347-2991
1428 Short Track Rd
Sturgis, SD 57785

Three Rivers Mental Health & Chemical Dependency Center

Therapists, counselors and case managers provide individuals and family counseling, addiction and dependency services, evaluations and assessments, social learning programs, Systems of Care and prevention services.

605-374-3862
312 W 3rd St
Faith, SD 57626
www.threeriverscounseling.com

Mellette County

Southern Plains Behavioral Health Services

Southern Plains Children's counseling services assist families with the sensitive issues of child and adolescent behavior. This program provides mental health services to children with Serious Emotional Disturbance (SED). Therapists help promote change and understanding with those struggling with trauma, conduct disorders, anger, discipline, attention deficit disorders, educational challenges, depression and other social and emotional life needs.

605-842-1465
514 E 3rd St
White River, SD 57579
www.spbhs.net

Miner County

Rising Hope, LLC

Provides services for individuals, 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.

605-494-1500
120 S Main St
Howard, SD 57349
<https://risinghope.com/>

Community Counseling Services

Community Counseling Services provides state-accredited outpatient treatment for mental health and substance use disorders for youth, adults and families, with funding assistance and sliding fee scales available. Programs include intensive, family-focused care for children (SED), skill-building and recovery support through the CARE and IMPACT programs and wraparound services for at-risk youth and families through the System of Care (SOC). Supportive housing is offered at the Bradfield-Leary Center for participants in CARE and IMPACT. Psychiatric services, including medication management, are available via telemedicine to ensure accessible, individualized care.

605-256-9656
308 N Main St
Howard, SD 57349
www.ccs-sd.org

Moody County

Flandreau Santee Sioux IHS/Tribal Behavioral Health Center

The Counseling Center offers the following services (all services based on eligibility and priority needs). Substance abuse services include screening, intake, evaluation, referrals, aftercare, primary prevention programs, education, MRT/SBISA classes and group counseling. Mental health services include couples therapy, family therapy,

individual therapy, group therapy, education, referrals and psychological evaluations and services.

605-997-2642
603 W Broad Ave
Flandreau, SD 57028
www.santeesioux.com

Community Counseling Services

Community Counseling Services provides state-accredited outpatient treatment for mental health and substance use disorders for youth, adults and families, with funding assistance and sliding fee scales available. Programs include intensive, family-focused care for children (SED), skill-building and recovery support through the CARE and IMPACT programs and wraparound services for at-risk youth and families through the System of Care (SOC). Supportive housing is offered at the Bradfield-Leary Center for participants in CARE and IMPACT. Psychiatric services, including medication management, are available via telemedicine to ensure accessible, individualized care.

605-352-8596
218 E 2nd Ave
Flandreau, SD 57028
www.ccs-sd.org

Oglala Lakota

Pine Ridge HIS Hospital – Behavioral Health

Provides the following services: individual therapy, marriage and couples therapy, family and group therapy, evaluations (psychological and psycho-social), patient education, case management services and emergency mental health services available 24 hours a day/7 days a week. Works in partnership with the Tribal Community to raise their physical, mental, social and spiritual health by providing timely caring services.

605-867-3100
607 Indian Health Rd
Pine Ridge, SD 57770
www.ihs.gov

Pennington

Wasvick Counseling

Individuals, couples and family counseling for children, adolescent and adults. Provides assisted animal therapy, play therapy, CBT and DBT. Works closely with the LGBTQI populations. Also offers services via telehealth.

Suzette Wasvick
605-390-8791
280 Main St Suite 15
Hill City, SD 57745
www.wasvickcounseling.com

Youth & Family Services 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.

605-342-4789
202 E Adams St
Rapid City, SD 57701
www.youthandfamilyservices.org/counseling-center/

Psychological Associates of the Black Hills

It is our objective to apply current psychological knowledge to provide quality counseling and assessment services to improve the lives of our clients. We provide counseling in the areas of depression, anxiety, behavioral problems and trauma. We conduct psychological assessments with individuals of nearly all ages in the areas of personality, behavior, learning and neuropsychology.

605-348-6500
825 Columbus St Suite 1
Rapid City, SD 57701
<https://pabh.org/>

Scovel Psychological

Our providers work with a wide range of emotional and behavioral issues providing services from depression and grief counseling to parenting support, couples counseling and beyond. We offer a highly personalized approach tailored to each client's individual needs in a comfortable and supportive atmosphere. Our goal is to help each individual attain the personal growth they seek.

605-721-8822
2902 W Main St Suite 2
Rapid City, SD 57702
<https://scovelpsychological.com>

Visionary Mental Health Services, LLC

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 survivors for adults. CBT, custody evaluations and telemental health counseling are available.

Lindsay Bruckner
605-280-9778
1905 N Plaza Dr
Rapid City, SD 57702
<https://visionarymentalhealth.com/>

Family First Therapy Services

Provides adoption services (pre- and post-adoption). Trained in attachment therapy and trauma-informed parenting. Provides services for children/adolescent, families and individuals.

Debra Hughes
605-786-7797
2040 W Main St Suite 214
Rapid City, SD 57702

<https://www.familyfirsttherapyc.com/>

Healing Trauma Therapy

Offers psychological evaluations, sibling evaluations, parent evaluation, FASD evaluations, autism evaluations and support for parents dealing with FASD. We have six social workers who all have different areas of expertise, and we have an equal number of male and female therapists.

605-315-7156

821 Columbus St Suite 5

Rapid City, SD 57701

<https://www.healingtraumacare.com/>

Monarch Counseling Center

Provides individual, couple, family and group therapy.

605-303-6942

1719 W Main St Suite 102

Rapid City, SD 57702

<https://monarchcounselingcenter.godaddysites.com/>

Understood Therapy

At Understood Therapy, Nicole provides quality mental health care. As a mental health provider, she assists clients by providing solution-focused therapy, play therapy, cognitive behavioral therapy, family systems therapy and more.

Nicole Weron

1719 W Main St Suite 208

Rapid City, SD 57702

<https://www.understoodtherapy.org>

Black Hills Mental Health LLC

Provides medication management and supportive therapy to children (ages 10 and up), adolescents and adults. Offers individual counseling, adolescent psychiatry, medication management, LGBTQ counseling, mental health screening, adult psychiatry, adolescent/youth counseling, gender identity counseling, parent counseling and telehealth services.

605-791-2500

521 Kansas City St

Rapid City, SD 57701

blackhillsmentalhealthllc.com

Rising Hope Counseling

Provides services for individuals, 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.

605-494-1500

1301 W Omaha St Suite 225

219 Founders Park Dr Suite 1

Rapid City, SD 57701

risinghope.com

Tin Cup Counseling & Consultation

Colter specializes in providing culturally responsive mental health care for Indigenous folks. Colt also works well with athletes and individuals struggling with anxiety, depression and trauma. Colt believes each client is sacred and understands that it is imperative to personalize services for each individuals to ensure their success.

320-200-5028

<https://colter-combellick.clientsecure.me/#home>

Hope and Healing Mental Health

Our mission is to provide trauma-informed, compassionate and evidence-based mental and behavioral health care that empowers individuals to heal, grow and thrive. We are committed to creating a safe, inclusive and supportive environment where every person is met with dignity, empathy and understanding.

605-484-8424

4447 S Canyon Rd Suite 6

Rapid City, SD 57702

<https://www.hopeandhealingmentalhealth.com/>

Perkins County

West River Health Services

Services include diagnostic assessments, individual therapy, couple and family therapy, medication management and Attention Deficit Hyperactivity Disorder (ADD/ADHD) treatment. Telehealth services available.

605-374-3773

411 Main Ave

Lemmon, SD 57638

www.wrhs.com

Three Rivers Mental Health & Chemical Dependency Center

Therapists, counselors and case managers provide individuals and family counseling, addiction and dependency services, evaluations and assessments, social learning programs, Systems of Care and prevention services.

605-374-3862

11 E Fourth St

Lemmon, SD 57638

www.threeriverscounseling.com

Roberts County

Human Service Agency

Provide addictions assessments and mental health therapy to adolescents through adults. Community mental health center offering the following services: Moral Recognition Therapy (MRT) Group for adolescents and adults, Dialectical Behavioral Therapy (DBT), individual counseling, marriage and family counseling, psychotropic medication management, domestic violence evaluations and follow-up services, psychiatric evaluations and medication management. Walk-in assessments are available at the Watertown and Sisseton locations. Also offers telehealth services.

605-886-0123

301 Veterans Ave
Sisseton, SD
www.humanserviceagency.org

Spink County

Northeastern Mental Health Center

Northeastern Mental Health Center is a community treatment center dedicated to the health, wellness and recovery of those with mental health and substance use disorders.

605-472-3282
1005 1st St
Redfield, SD 57469
<https://nemhc.org/>

Todd County

Southern Plains Behavioral Health Services

Southern Plains Children's counseling services assist families with the sensitive issues of child and adolescent behavior. This program provides mental health services to children with Serious Emotional Disturbance (SED). Therapists help promote change and understanding with those struggling with trauma, conduct disorders, anger, discipline, attention deficit disorders, educational challenges, depression and other social and emotional life needs.

605-842-1465
153 S Main St
Mission, SD 57555
www.spbhs.net

Tripp County

Southern Plains Behavioral Health Services

Southern Plains Children's counseling services assist families with the sensitive issues of child and adolescent behavior. This program provides mental health services to children with Serious Emotional Disturbance (SED). Therapists help promote change and understanding with those struggling with trauma, conduct disorders, anger, discipline, attention deficit disorders, educational challenges, depression and other social and emotional life needs.

605-842-1465 | 605-800-1134
500 E 9th St
Winner, SD 57580
<https://spbhs.net/services/youth-and-family-services/>

Union County

Jeff Peterson, PHD

Compassionate, judgment-free counseling and coaching services for adults, adolescents and individuals in various types of relationships. Whether in-person or online, my approach focuses on empowering you with practical tools to navigate challenges such as anxiety, depression, relationship struggles and life transitions. I work with a diverse range of clients—including professionals, caregivers and students—helping them explore their own path toward meaningful change and personal growth.

605-215-6695
1 Psychiatry, PC
211 Sioux Point Rd Suite 300
Dakota Dunes, SD
<https://jeffpetersonphd.com/>

Psychiatry PC

We offer a range of mental health services to support patients as well as families throughout the Siouxland area, including mental health counseling, medication evaluation, forensic evaluation, ketamine treatment and more. We treat individuals of all ages who are dealing with a variety of mental health concerns. **DO NOT ACCEPT INSURANCE.**

605-242-0024
211 Sioux Point Rd Suite 300
Dakota Dunes, SD
<https://1psychiatrypc.com/>

Rising Hope Counseling, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
1108 W Cedar St Suite 5B
Beresford, SD
<https://risinghope.com/>

Walworth County

Rising Hope Counseling, LLC

Provides services for individuals, 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.

605-494-1500
503 1/2 W Grand Crossing
Mobridge, SD 57601
<https://risinghope.com/>

Rivers Edge Counseling

Professional individual and family counseling. Services include: mental health screening, cognitive behavioral therapy (CBT), adolescent and youth counseling, and telehealth counseling.

605-848-4957
918 1st Ave E
Mobridge, SD 57601
www.facebook.com

The Support Circle

Providing mental health services to northeastern South Dakota. Offers both in-person and virtual counseling options.

605-845-2058
1710 E Grand Crossing
Mobridge, SD
www.thesupportcircle.com

Yankton County

Lewis & Clark Behavioral Health

Lewis & Clark Behavioral Health Services provides accessible mental health and substance abuse care across 14 counties in southeastern South Dakota. Focused on community well-being, they offer evidence-based, client-centered treatment with no financial barriers.

605-665-4606
1028 Walnut St
Yankton, SD
<https://lcbhs.net/>

Stronghold Counseling Services

Stronghold has a broad range of services and counselors to help with whatever you need. From struggles with kids, to marriage and family, to addiction and mental health issues, we have someone who can help.

605-988-3775
610 W 23rd St #8
Yankton, SD 57078
<https://www.strongholdcounseling.com/>

Meridian Counseling & Family Services, LLC

Offers mental health services for individuals of all ages, couples and families. Providers use evidence-based psychotherapy approaches, emphasizing collaboration and respect. Services include play therapy, dual-diagnosis treatment, clinical supervision and court-related services such as custody evaluations and parenting coordination. Guided by core social work values, they prioritize dignity, integrity and client-centered care.

605-689-0457
311 Cedar St
Yankton, SD 57078
<https://www.meridiancfs.com/>

Psychological Associates of Yankton, LLC

Offering psychological testing, our experienced psychologists provide top-quality care for all ages. Services include individual, family and couples therapy—available in person or via telehealth—and comprehensive psychological testing for personality, autism,

ADHD, intelligence and memory. We also offer forensic evaluations such as custody, competency, risk assessment and parent evaluations. Legal services are billed separately. Our approach is personalized and science-based, focused on maximizing mental wellness.

605-665-0258
2703 Fox Run Pkwy
Yankton, SD 57078
<https://www.psychassocyankton.com/>

Rising Hope Counseling, LLC

Our mission is to remove barriers to quality mental health care and bring hope, especially in rural communities. We provide counseling for individuals, couples and families using approaches like EMDR, Gottman Method, Solution-Focused Brief Therapy and Cognitive Behavioral Therapy.

605-494-1500
Marne Creek Plaza
610 W 23rd St Suite 5
Yankton, SD
<https://risinghope.com/>

Sunstone Counseling

Compassionate care meets professional expertise. We offer personalized support for individuals, couples and families facing challenges like anxiety, depression, trauma and more. Our experienced therapists are here to help you navigate life's difficulties and build a healthier, more fulfilling future.

info@sunstonecounselingllc.com
317 Broadway Ave Suite 7
Yankton, SD
<https://www.sunstonecounselingllc.com/>

Ziebach County

Three Rivers Mental Health & Chemical Dependency Center

Therapists, counselors and case managers provide individual and family counseling, addiction and dependency services, evaluations and assessments, social learning programs, Systems of Care and prevention services.

605-374-3862
404 S Spiel Ct
Eagle Butte, SD 57625
www.threeriverscounseling.com