

Behavioral Health Resources

If you are concerned about your own or a loved one's mental health and/or substance use, which many times is called "behavioral health", please know there are supports available. There is an array of behavioral health services in South Dakota including prevention, treatment, crisis care, and recovery supports. Don't let cost be a barrier to seeking help as financial assistance is available. Contact a provider in your area for more information.

How do I find behavioral health help?

- 1 Contact a local treatment provider
- 2 A professional completes an assessment
- 3 Recommendations for services and/or supports will be provided

Learn more about services and find a provider:



Scan the QR code to visit dss.sd.gov/behavioralhealth/services for more information.

Numbers to Know

For when you don't know where to turn

Free, confidential support 24 hours a day, 7 days a week. Help is always available.

988

Suicide & Crisis Lifeline

Call or text 988, or chat 988lifeline.org if you or someone you know is experiencing mental health-related distress, a suicide crisis or concerns about substance use. 988 connects you directly to local, trained counselors who can assess your situation and provide you help.

211

Information & Resources

Call 211 or text your zip code to 898211 to speak with a local, trained professional to get connected to community-based resources, government programs and other additional needs such as food, housing, transportation, and more.

911

Emergency Dispatch

911 can be contacted for medical emergencies, fires, reporting a crime, disaster response, and life-threatening situations. Contact 911 for a behavioral crisis only if you have harmed yourself or have immediate plans to harm yourself.

South Dakota Behavioral Health Websites



It's not always easy to talk about suicide, but it's critically important. SDSuicidePrevention.org, is designed to be a hub of information and resources for supporting you, your loved ones, and your community. Take action and utilize the resources provided at sdsuicideprevention.org/resource-library to start the conversation.



SDBehavioralHealth.gov is a one-stop website for all things behavioral health. Learn about behavioral health prevention, treatment, and recovery support resources in South Dakota, how to seek help and how to support others in their behavioral health. This website also features downloadable outreach toolkits and materials to order free of charge.



Stigmas create walls and barriers that prevent us from seeing each other clearly. But one thing's clear - everyone and anyone can be affected by substance misuse. Visit LetsBeClearSD.com to learn about safe medication storage and disposal and available prevention, treatment and recovery support services in South Dakota. Together, we can clear up misconceptions about substances.

Frequently Asked Questions

What if my loved one won't accept help?

It's important to remember that everyone's recovery journey is different and there is no right or wrong path. "Help" can come in many forms beyond traditional treatment. 988 is an excellent resource for guidance on how to best support your loved one and determine next steps to take. They also offer you support as you navigate the challenges of assisting someone with a behavioral health concern.

Is there an option for telehealth services?

Some services are available via telehealth. To find a list of providers offering telehealth services, scan the QR code or visit:

dss.sd.gov/docs/behavioralhealth/agency_county/telehealth_services.pdf



How are services funded?

A variety of funding options are available for individuals. Funding options may include the following:

- Insurance
- Private Pay
- Other third-party payers
- Medicaid
- Combination of state and federal funding

Contact Us

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dss.sd.gov/behavioralhealth

