BEHAVIORAL HEALTH

Behavioral health is a key part of your well-being. It is just as important as your physical health.

Behavioral health care includes treatment, recovery services, and support for your mood, behavior, or use of drugs and alcohol.

Here are some ways you can improve your behavioral health:

- Maintain positive relationships with friends and family
- Be active and engage in physical activity
- Eat healthy food
- Get enough sleep

Most behavioral health services:
- Are covered for Medicaid recipients, or
- Financial assistance may be available for individuals who do not qualify for Medicaid.

Check with your Primary Care Provider for more information on available services.
RESOURCES

To find a local provider, please call 211, visit dss.sd.gov, or scan the following:

Visit the following websites for additional resource information:

- SDSP South Dakota Suicide Prevention sdsuicideprevention.org
- 605 Strong .com www.605strong.com
- Avoid Opioid Prescription Addiction www.avoidopioidsd.com

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