

<p>Amadeo Christian Counseling - Tabitha Soderstrom 612-361-7282 * amadeocounseling.com Email: amadeocounseling@gmail.com Provides Telehealth only with Adults 18+. Specializes in anxiety and trauma and provides Christian counseling. Specializes in EMDR.</p>	<p>Aspen Counseling Services, PLLC 1019 6th Ave SE * P: 605-878-0606 * aspencounselingservices.net Personal problems that affect you at work, depression, anxiety, mood disorder, panic attacks, OCD, PTSD, relationships, crisis management, grief & loss, Life transitions, stress management, work/life balance, infertility & eating disorders.</p>
<p>Beacon Center 801 Jenson Ave SE * Business line 605-886-4304 Crisis line 605-886-4300 or 800-660-8014 * beaconcentersd.com Case management for children, adolescents and adults struggling with issues related to domestic and sexual violence.</p>	<p>Better Me Counseling and Consulting - Stacy Solsaa 1105 Jenson Ave SE * 605-880-0100 Sees clients ages 4-65+. Anxiety, depression, PTSD, ADHD, ODD, behavior management, stress management, anger management, self-concept/self-acceptance, grief and loss, family, relationships, and couples.</p>
<p>Better Together Counseling, LLC - Jessi Whetsel 1103 Jenson Ave SE * 605-868-8751 Provides individual, couples, and family counseling for anxiety, depression, trauma, relationship issues, life transitions, addictions, suicidal thoughts, gender/sexuality and more. Telehealth services are available. Therapist is EMDR (Eye Movement Desensitization and Reprocessing) trained.</p>	<p>Bridgeway Counseling & Neuropsychology 600 4th St NE, Suite 203, Medical Arts Building * 605-886-5262 bridgewaycounselingcenter.com Employs 10 clinical staff, who provide care for children, adolescents, and adults. Also provides psychological testing and therapy services for a wide variety of emotional and behavioral needs.</p>
<p>Cedar Lakes Therapy, LLC 525 5th St SE Suite 2 * 605.753.9030 Individual, group, family, and marital counseling utilizing CBT, DBT-informed, Trauma-Informed including EMDR, and Play Therapy interventions. Expressive Arts Therapy interventions, specific psychological testing and assessments.</p>	<p>Dr. Mark Bontreger, Inc. 525 5th Street SE, Suite L-13 * 605-882-0800 Relationship conflict, Depression, Stress and Anxiety, Alcohol and Drug problems, Addictions and compulsions, fears, phobias, and obsessions.</p>
<p>Firefly Counseling 2013 Willow Creek Dr. Suite 2B * 605-878-0376 fireflycounselingwatertown.com Offers a wide variety of psychiatric testing & evaluations. Behavioral health & Substance Use Disorder counseling for adults and youth.</p>	<p>Glacial Lakes Professional Counseling Services—Jennifer Pahl 525 5th Street SE, Suite L3 * Call 605-886-3845 or call/text 605-868-5203 Individual, adolescent, marriage, family and group counseling.</p>
<p>Journey Counseling – Mary Johnson 1103 Jenson Ave SE * 605-878-1234 Depression, Anxiety, Trauma, PTSD, Infidelity, Chronic illness, OCD, Adult ADD/ADHD, Work related issues. Services for adults, including geriatric as well as couples' therapy. Trained in Gottmann Method - Couples Therapy and EMDR.</p>	<p>Lutheran Social Services 1424 9th Avenue SE #7 * 605-882-2740 or 800-568-7116 * Lsssd.org Individual, Couple, Family counseling. Ages 4+/ Anxiety, Depression, Life Transitions, Social/Behavioral issues, Single/Blended family issues, Foster care, Grief & Loss. Counselors are specialized in EMDR, TF-CBT, Sexual offending behaviors, Assessment & Treatment.</p>
<p>New Beginnings Counseling—Amanda Schaeffer 818 Broadway St, Suite 103 * 605-237-5860 Mental health therapy for kids, teens and adults. Anxiety, Depression, Bipolar, Borderline, Personality disorder, and PTSD. Trained in EMDR, DBT and CBT. Provides in person and telehealth counseling.</p>	<p>Rising Hope 605 818 S. Broadway Suite 113 * 605-494-1500 * risinghope.com Assessments & therapy for individuals of all ages and families. Depression; anxiety; season affective disorder; post-traumatic stress disorder (PTSD); suicidal ideation; transgender; men & women's issues; marriage and relationship problems; family problems; and child issues. Provides Telehealth services.</p>
<p>Through the Woods – Amanda Ulmer 1103 Jenson Ave * 605-956-7140 * throughthewoodscounseling.com Email: amanda@throughwoodscounseling.com Individuals (ages 3+) and families through CBT, DBT, Person-Centered, Solution Focused, Adlerian, Play Therapy, Family Systems, ART for trauma specific needs.</p>	<p>Watertown CBOC (Community Based Out-patient Clinic) 4 19th St. NE * 605-884-2436 A resource for veterans looking for mental health services.</p>
<p>Human Service Agency – Community Behavioral Health Center * 123 19th St NE * 605-886-0123 * Crisis 24/7/365 * humanserviceagency.org Individual, Marriage & Family Counseling; Children, Youth & Family Services; Psychiatric Evaluations and Medication Management, Assessments, Accelerated Resolution Therapy for trauma, Moral Reconciliation Therapy (MRT), Dialectical Behavior Therapy (DBT). Individual & Group Substance Use Disorder Services and Treatment; Adolescent prevention and early intervention programs and services.</p>	
<p>Additional Resources: Regional or statewide services South Dakota Behavioral Health services & resources: sdbehavioralhealth.gov. Or call 211 or text your zip code to 898211 to reach the Helpline Center.</p>	
<p>NATIONAL SUICIDE & CRISIS LIFELINE: Call, Text, Chat 988 On call Local crisis 24/7/365: 605.886.0123</p>	
<p>CLINICS/ GENERAL PRACTITIONERS: Prairie Lakes Brown Clinic 605.886.8482 * Sanford Health 605.882.5177 * Quick Care Main 605.753.0960</p>	
<p>EMERGENCY SHELTER: Beacon Center 605.886.4300; 612 Flats 605.657.2976 EMERGENCY LODGING: Salvation Army 605.886.4030</p>	
<p>HOSPITAL EMERGENCY SERVICES: Prairie Lakes Healthcare System 605.882.7000</p>	
<p>LAW ENFORCEMENT: Codington County Sheriff's Office 605.882.6280 or Watertown Police Department 605.882.6210. For emergency 911.</p>	
<p>Mental Health Officer: Officer Alexis Buysse, Watertown Police Department 605.882.5622</p>	