

<p><b>Aspen Counseling Services, PLLC</b> 1019 6th Ave SE * P: 605-878-0606 * <a href="http://aspencounselingservices.net">aspencounselingservices.net</a> Personal problems that affect you at work, depression, anxiety, mood disorder, panic attacks, OCD, PTSD, relationships, crisis management, grief &amp; loss, Life transitions, stress management, work/life balance, infertility &amp; eating disorders.</p>	<p><b>Beacon Center</b> 801 Jenson Ave SE * Business line 605-886-4304 Crisis line 605-886-4300 or 800-660-8014 * <a href="http://beaconcentersd.com">beaconcentersd.com</a> Case management for children, adolescents and adults struggling with issues related to domestic and sexual violence.</p>
<p><b>Better Me Counseling and Consulting - Stacy Solsaa</b> 1103 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><b>Better Together Counseling, LLC - Jessi &amp; Todd Whetsel</b> 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. Therapists are EMDR (Eye Movement Desensitization and Reprocessing) trained.</p>
<p><b>Bridgeway Counseling &amp; Neuropsychology</b> 120 3rd Ave NW * 605-886-5262 <a href="http://bridgewaycounselingcenter.com">bridgewaycounselingcenter.com</a> 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><b>Cedar Lakes Therapy, LLC</b> 525 5<sup>th</sup> 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><b>Dr. Mark Bontreger, Inc.</b> 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><b>Firefly Counseling</b> 2013 Willow Creek Dr. Suite 2B * 605-878-0376 <a href="http://fireflycounselingwatertown.com">fireflycounselingwatertown.com</a> Offers a wide variety of psychiatric testing &amp; evaluations. Behavioral health &amp; Substance Use Disorder counseling for adults and youth.</p>
<p><b>Glacial Lakes Professional Counseling Services—Jennifer Pahl</b> 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><b>Journey Counseling – Mary Johnson</b> 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><b>New Beginnings Counseling—Amanda Schaeffer</b> 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><b>Momentum Counseling &amp; Consulting – Amanda R. DeVries</b> 1103 Jenson Ave SE * 605-868-8780 Provides individual, couples and family counseling for those 12+ years old to include but not limited to: anxiety, trauma, depression, mood disorders, adjustments/life transitions, suicidal thoughts, personality disorders. In-Person and Telehealth Services are Available Therapist is licensed in SD and CO.</p>
<p><b>Through the Woods – Amanda Ulmer</b> 1103 Jenson Ave * 605-956-7140 * <a href="http://throughthewoodscounseling.com">throughthewoodscounseling.com</a> Email: <a href="mailto:amanda@throughwoodscounseling.com">amanda@throughwoodscounseling.com</a> Individuals (ages 3+) and families through CBT, DBT, Person-Centered, Solution Focused, Adlerian, Play Therapy, Family Systems, ART for trauma specific needs.</p>	<p><b>Rising Hope</b> 600 4th St NE #203 * 605-494-1500 * <a href="http://risinghope.com">risinghope.com</a> Assessments &amp; therapy for individuals of all ages and families. Depression; anxiety; season affective disorder; post-traumatic stress disorder (PTSD); suicidal ideation; transgender; men &amp; women's issues; marriage and relationship problems; family problems; and child issues. Provides Telehealth services.</p>
<p><b>Watertown CBOC (Community Based Out-patient Clinic)</b> <b>VA Clinic</b> 4 19th St. NE * 605-884-2436 A resource for veterans looking for mental health services.</p>	
<p><b>Human Service Agency – Community Behavioral Health Center</b> * 123 19th St NE * 605-886-0123 * Crisis 24/7/365 * <a href="http://humanserviceagency.org">humanserviceagency.org</a> Individual, Marriage &amp; Family Counseling; Children, Youth &amp; Family Services; Psychiatric Evaluations and Medication Management, Assessments, Accelerated Resolution Therapy for trauma, Moral Reconciliation Therapy (MRT), Dialectical Behavior Therapy (DBT). Individual &amp; Group Substance Use Disorder Services and Treatment; Adolescent prevention and early intervention programs and services.</p>	
<p><b>Additional Resources:</b> Regional or statewide services South Dakota Behavioral Health services &amp; resources: <a href="http://sdbehavioralhealth.gov">sdbehavioralhealth.gov</a>. Or call 211 or text your zip code to 898211 to reach the Helpline Center.</p>	
<p><b>NATIONAL SUICIDE &amp; CRISIS LIFELINE: Call, Text, Chat 988</b>      <b>On call Local crisis 24/7/365: 605.886.0123</b></p>	
<p><b>CLINICS/ GENERAL PRACTITIONERS:</b> Prairie Lakes Brown Clinic 605.886.8482 * Sanford Health 605.882.5177 * Quick Care Main 605.753.0960</p>	
<p><b>EMERGENCY SHELTER:</b> Beacon Center 605.886.4300; 612 Flats 605.657.2976      <b>EMERGENCY LODGING:</b> Salvation Army 605.886.4030</p>	
<p><b>HOSPITAL EMERGENCY SERVICES:</b> Prairie Lakes Healthcare System 605.882.7000</p>	
<p><b>LAW ENFORCEMENT:</b> Codington County Sheriff's Office 605.882.6280 or Watertown Police Department 605.882.6210. For emergency 911.</p>	
<p><b>Mental Health Co-response Team:</b> Mental Health Officer Alexis Buysse and Social Worker Elly Anderson 605.882.5622</p>	