



Watertown Area Counseling & Mental Health Resources

For a detailed listing of additional resources within Watertown, scan the QR code or go to:

<https://www.humanserviceagency.org/NEPrevention/neprcwhy.html>



<p style="text-align: center;">Aspen Counseling Services, PLLC</p> <p>1019 6th Ave SE * P: 605-878-0606 * F:605-878-0214 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 and eating disorders.</p>	<p style="text-align: center;">Beacon Center</p> <p>801 Jenson Ave SE * Business line 605-886-4304 Crisis line 605-886-4300 or 1-800-660-8014 Professional and confidential counseling for children, adolescents and adults struggling with issues related to domestic and sexual violence. Individual and group sessions provided. Services are provided free of charge. Please call for questions or further information.</p>
<p style="text-align: center;">Better Me Counseling and Consulting</p> <p>818 S. Broadway, Suite 113 * 605-880-0100 Will see 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 style="text-align: center;">Better Together Counseling, LLC</p> <p>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 style="text-align: center;">Bridgeway Counseling Center, Inc.</p> <p>600 4th St NE, Suite 203, Medical Arts Building * 605-886-5262 Provides counseling for adults and adolescents; evaluations for Dementia, ADHD, Learning Disabilities and Pre-surgical assessment. Provides counseling for individuals, children, families and marriages.</p>	<p style="text-align: center;">Dr. Mark Bontreger, Inc.</p> <p>525 5th Street SE, Suite L-13 * 605-882-0800 Private & professional counseling service that provides help for Relationship conflict, Depression, Stress and Anxiety, Alcohol and Drug problems, Addictions and compulsions, fears, phobias, and obsessions.</p>
<p style="text-align: center;">Firefly Counseling</p> <p>2013 Willow Creek Dr. Suite 2B * 605-878-0376 Locally owned counseling center providing quality, compassionate care. Offer a wide variety of psychiatric testing & evaluations. Behavioral health & Substance Use Disorder counseling for adults and youth by qualified staff. Accepting and confidential.</p>	<p style="text-align: center;">Glacial Lakes Professional Counseling Services</p> <p>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 style="text-align: center;">Journey Counseling</p> <p>1103 Jenson Ave SE * 605-878-1234 With over 20 years of experience providing therapy for depression, anxiety, trauma, PTSD, infidelity, chronic illness, OCD, adult ADD/ADHD, work related issues as well as many other mental health disorders. Provide services to adults, including geriatric as well as couples' therapy. Credentialed with most major insurances - including Medicare, Medicaid. Trained in Gottmann Method - Couples Therapy, EMDR as well as many other modalities.</p>	<p style="text-align: center;">Lutheran Social Services</p> <p>1424 9th Avenue SE #7 * 605-882-2740 or 1-800-568-7116 Individual, Couple, Family & Group counseling, Victims of Crime/Abuse counseling, Domestic Abuse/Anger Management, Residential Placement Referrals, Alcohol/Drug Assessments, Employee Assistance Programs, School Counseling/Consultation Services, Business Consultation/Training, Family Life Education, Premarital Assessments & Counseling/Education, Adoption Services.</p>
<p style="text-align: center;">New Beginnings Counseling</p> <p>818 Broadway St, Suite 103 * 605-237-5860 Offers mental health therapy for kids, teens and adults. Currently accepting new clients. Treatment available for anxiety, depression, bipolar, borderline, personality disorder, and PTSD. Trained in EMDR, DBT and CBT. Provides in person and telehealth counseling.</p>	<p style="text-align: center;">Rising Hope 605</p> <p>818 S. Broadway Suite 109 * 605-494-1500 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. Eye movement desensitization and reprocessing (EMDR). Provides Telehealth services.</p>
<p>Human Service Agency – Community Behavioral Health Center 123 19th St NE * 605-886-0123 * Crisis 24/7/365 Provides Behavioral Health Services: Assessments, Individual, Marriage & Family Counseling, Psychiatric Evaluations and Medication Management, Moral Reconciliation Therapy (MRT) and Dialectical Behavior Therapy (DBT). Youth & Family Services: Aggression Replacement Therapy (ART), Moral Reconciliation Therapy (MRT) and Psychiatric Evaluations and Medication Management. Substance Use Disorder Services: Evaluations, Adult Outpatient Treatment Program; Adult Aftercare Support Groups; Primary Prevention Program, Intensive Prevention Program; UA Testing is available; Cognitive Behavioral Interventions Substance Abuse (CBISA)</p>	
<p>Additional Resources: For regional or state wide services call 211 or text your zip code to 898211 to reach the Helpline Center</p>	
<p>CLINICS / GENERAL PRACTITIONER: Brown Clinic (605) 886-8482 * Sanford Health (605) 882-5177 * Quick Care Main (605) 753-0960</p>	
<p>DOMESTIC VIOLENCE HOTLINE: (605) 886-4300 or 1-800-660-8014</p>	
<p>EMERGENCY SHELTERS: The Beacon Center (605) 886-4300 or Salvation Army (605) 886-4030</p>	
<p>HOSPITAL EMERGENCY SERVICES: Prairie Lakes Healthcare System (605) 882-7000</p>	
<p>LAW ENFORCEMENT: Codington Co Sheriff's Office (605) 882-6280 or Watertown Police Dept (605) 882-6210</p>	
<p>Mental Health Officer: Officer Alexis Buisse, Watertown Police Department (605) 882-5622</p>	
<p>Get Rid of Old or Unused Medications - Visit these locations during their regular business hours Codington County Sheriff's Office 14 1st Ave SE * Hy-Vee Pharmacy 1320 9th Ave SE Prairie Lakes Healthcare System Campus Pharmacy 410 9th Ave NW * Watertown Police Department 128 N. Maple</p>	
<p>NATIONAL CRISIS LIFELINE: 988 – Call, Text, Chat</p>	