

Counseling Services

Aspen Counseling Services, PLLC

1019 6th Ave SE

P: 605-878-0606

F:605-878-0214

Angie Arnold, MS, LPC-MH

Email: angie@aspencounselingservices.net

www.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 and eating disorders.

Better Me Counseling and Consulting

818 S. Broadway, Suite 113

605-880-0100

Contact: Stacy Solsaa, PHD, NCC, NCSC, QMHP, LPC-MH

Email: stacysolsaa@bettermesolsaa.org

Will see clients ages 4-65+. She has experience dealing with anxiety, depression, PTSD, ADHD, ODD, behavior management, stress management, anger management, self-concept/ self-acceptance, grief and loss, family, relationships, and couples.

Better Together Counseling, LLC

1103 Jenson Ave SE

605-868-8751

Contact: Jessi Whetsel

Email: b2gcounseling@gmail.com

www.bettertogethercounseling.org

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.

Bridgeway Counseling Center, Inc.

600 4th St NE, Suite 203,

Medical Arts Building

605-886-5262

www.bridgewaycounselingcenter.com

Provides counseling for adults and adolescents; evaluations for Dementia, ADHD, Learning Disabilities and Pre-surgical assessment. We provide counseling for individuals, children, families and marriages.

Cedar Lakes Therapy, LLC

525 5th St SE Suite 2

605.753.9030

Provides 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 are offered.

Compass Counseling and Assessments, Inc.

100 S Maple, Suite 204, PO Box 1131

605-520-0157

Contact: Shane Larson, MS, LPCMH

Professional counseling services conducted in a private and confidential setting. Services include sexual offender assessment and treatment.

Dr. Mark Bontreger, Inc.

525 5th Street SE, Suite L-13

605-882-0800

www.markbontreger.com

A 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.

Firefly Counseling

2013 Willow Creek Dr. Suite 2B

605-878-0376

<https://fireflycounselingwatertown.com/>

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.

Glacial Lakes Professional Counseling Services

525 5th Street SE, Suite L3

Call 605-886-3845 or

call/text 605-868-5203

Contact: Jennifer Pahl, LPC

Individual, adolescent, marriage, family, and group counseling.

Human Service Agency – Community Behavioral Health Center

123 19th St NE

605-886-0123

www.humanserviceagency.org

Contact: Heather Jens-Stricherz

Behavioral Health Services:

- Dialectical Behavior Therapy(DBT) group
- Individual Counseling
- Marriage & Family Counseling
- Psychiatric Evaluations and Medication Management
- Moral Reconciliation Therapy(MRT) group

Youth & Family Services:

- Dialectical Behavioral Therapy (DBT) Skills group
- Home Based Counseling
- Anger Management Group
- Moral Reconciliation Therapy (MRT)
- Psychiatric Evaluations and Medication Management

Journey Counseling

1103 Jenson Ave SE

605-878-1234

Contact: Mary Johnson

Provides 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.

Lutheran Social Services

1424 9th Avenue SE #7

605-882-2740 or 1-800-568-7116

Website: www.lsssd.org

Contact: Amanda R. DeVries

Mental Health Services: 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, School-based Experience, TF-CBT, Sexual Offending Behaviors, Assessment and Treatment.

New Beginnings Counseling

818 Broadway St, Suite 103

605-237-5860

Contact: Amanda Schaeffer

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.

Rising Hope 605

818 S. Broadway Suite 109

605-494-1500

Website: www.risinghope.com

Assessments and therapy for individuals of all ages and families. Address depression; anxiety; season affective disorder; post-traumatic stress disorder (PTSD); suicidal ideation; transgender; men and women's issues; marriage and relationship problems; family problems; adolescent and child issues. Eye movement desensitization and reprocessing (EMDR). Provides Telehealth services. Accepts Medicaid, Medicare and most major insurances.