



# 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;"><b>Aspen Counseling Services, PLLC</b></p> <p>1019 6th Ave SE * P: 605-878-0606 * F:605-878-0214</p> <p>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 and eating disorders.</p>	<p style="text-align: center;"><b>Beacon Center</b></p> <p>801 Jenson Ave SE * Business line 605-886-4304 Crisis line 605-886-4300 or 1-800-660-8014</p> <p>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;"><b>Better Me Counseling and Consulting</b></p> <p>818 S. Broadway, Suite 113 * 605-880-0100</p> <p>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;"><b>Bridgeway Counseling Center, Inc.</b></p> <p>600 4<sup>th</sup> St NE, Suite 203, Medical Arts Building * 605-886-5262</p> <p>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;"><b>Dr. Mark Bontreger, Inc.</b></p> <p>525 5th Street SE, Suite L-13 * 605-882-0800</p> <p>A private &amp; 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;"><b>Firefly Counseling</b></p> <p>2013 Willow Creek Dr. Suite 2B * 605-878-0376</p> <p>Locally owned counseling center providing quality, compassionate care. Offer a wide variety of psychiatric testing &amp; evaluations. Behavioral health and Substance Use Disorder counseling for adults and youth by a qualified staff. Accepting and confidential.</p>
<p style="text-align: center;"><b>Glacial Lakes Professional Counseling Services</b></p> <p>525 5th Street SE, Suite L3</p> <p>Call 605-886-3845 or call/text 605-868-5203</p> <p>Individual, adolescent, marriage, family, and group counseling.</p>	<p style="text-align: center;"><b>Human Service Agency</b></p> <p>123 19th St NE * 605-886-0123 * Crisis 24/7/365</p> <p>Community Behavioral Health Center that provides <b>Behavioral Health Services:</b> Psychological Testing and Evaluations, Individual, Marriage &amp; Family Counseling, Psychiatric Evaluations and Medication Management, Moral Reconciliation Therapy (MRT). <b>Youth &amp; Family Services:</b> Psychological Evaluations, Home Based Counseling, Aggression Replacement Therapy (ART), Moral Reconciliation Therapy (MRT), Psychiatric Evaluations and Medication Management. <b>Substance Use Disorder Services:</b> Evaluations, Adult Outpatient Treatment Program; Adult Aftercare Support Groups; Individual and Family Counseling; Primary Prevention Program, Intensive Prevention Program; UA Testing is available; Cognitive Behavioral Interventions Substance Abuse (CBISA)</p>
<p style="text-align: center;"><b>Lutheran Social Services</b></p> <p>1424 9th Avenue SE #7 * 605-882-2740 or 1-800-568-7116</p> <p>Individual, Couple, Family &amp; 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 &amp; Counseling/Education, Adoption Services.</p>	<p style="text-align: center;"><b>Rising Hope 605</b></p> <p>818 S. Broadway Suite 109 * 605-494-1500</p> <p>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.</p>

<p><b>Additional Resources:</b></p>
<p><b>CLINICS / GENERAL PRACTITIONER:</b> Brown Clinic (605) 886-8482 * Sanford Health (605) 882-5177 * Quick Care Main (605) 753-0960</p>
<p><b>DOMESTIC VIOLENCE HOTLINE:</b> (605) 886-4300 or 1-800-660-8014</p>
<p><b>EMERGENCY SHELTERS:</b> The Beacon Center (605) 886-4300 or 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 Co Sheriff's Office (605) 882-6280 or Watertown Police Dept (605) 882-6210</p>
<p><b>Mental Health Officer:</b> Officer Alexis Buisse, Watertown Police Department (605) 882-5622</p>
<p><b>MENTAL HEALTH ADVOCACY:</b> NAMI National Alliance on Mental Health (605) 886-7799 <b>SUPPORT GROUPS:</b> Listing call 605-886-0123</p>
<p style="text-align: center;"><b>Get Rid of Old or Unused Medications</b> - Visit these locations during their regular business hours  <b>Codington County Sheriff's Office</b> 14 1<sup>st</sup> Ave SE * <b>Hy-Vee Pharmacy</b> 1320 9<sup>th</sup> Ave SE  <b>Prairie Lakes Healthcare System Campus Pharmacy</b> 410 9<sup>th</sup> Ave NW * <b>Watertown Police Department</b> 128 N. Maple</p>
<p style="text-align: center;"><b>NATIONAL SUICIDE &amp; CRISIS LIFELINE: 988</b></p>
<p style="text-align: center;">For regional or state wide services call 211 or text your zip code to 898211 to reach the Helpline Center</p>