

SOUTH DAKOTA

Mental Health & Suicide Prevention

RESOURCES

Helpline Center

2-1-1

South Dakota

Call 211

Text five-digit zip code to 898211

When you dial 2-1-1, you talk to real people trained to help and connect you to the right resources, organizations, and people. 211 calls are answered 24/7.



Text '605Strong' to 898211

Visit 605strong.com

605 Strong provides counselors who are specifically trained to offer support and counseling to those experiencing anxiety, depression, stress, sadness, or fear related to COVID-19. Services are available 24/7.



Call 1-800-273-8255

Visit suicidepreventionlifeline.org

As part of the National Suicide Prevention Lifeline network of crisis centers, the Helpline Center provides a connecting point for people 24/7 who are in suicidal crisis, know someone in a suicidal crisis, or have lost a loved one to suicide.



Visit sdsuicideprevention.org

Find information on SD suicide prevention efforts, resources, and training opportunities.



Text icare to 898211

Text4Hope is a texting program where high school students can share their concerns privately with a trusted individual. Texts are answered by the Helpline Center.



Visit dss.sd.gov/behavioralhealth/

Find mental health and substance use disorder treatment services near you.

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MENTAL HEALTH APPS



211 Helpline: This app connects users to community resources in South Dakota. From quick questions to serious concerns, the free and confidential app brings resources to your fingertips.



Moodfit: Fitness for your mental health. Tracks your moods and provides articles and audio recordings to help you feel better. Provides customizable tools and insights to help you learn what works for you.



MindShift: Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life.

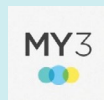


Meditation Oasis, Take a Break: Free app that helps you quickly recharge. Listen to a 7-minute Work Break or 13-minute Stress Relief recording with or without music or nature sounds.

SUICIDE PREVENTION APPS



Jason Foundation A Friend Asks: a FREE smart-phone app that helps provide the information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.



MY3: an app for those who are depressed or suicidal themselves. MY3 aims to keep you connected to your core network, asking you to choose three close contacts, such as friends, family, loved ones or your therapist, that you feel comfortable reaching out to whenever you feel down.