

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

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 1103 Jensen Ave SE

605-880-0100

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

Email: stacysolsaa@bettermesolsaa.org

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

Better Together Counseling, LLC

1103 Jensen Ave SE

605-868-8751

Contact: Jessi Whetsel

Email: b2gcounseling@gmail.com

Todd Whetsel; LMFT, LLC

605-956-2967

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.

120 3rd Ave NW

605-886-5262

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.

Dr. Mark Bontreger, Inc.

525 5th Street SE, Suite L-13

605-882-0800

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

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

605-886-3845 or

call/text 605-868-5203

Contact: Jennifer Pahl, LPC

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

Holden Counseling, LLC

605-880-9281

HoldenCounselingsd@outlook.com

sdcancersupport.com

Provides on-line individual counseling and on-line cancer support groups.

Human Service Agency – Community Behavioral Health Center

123 19th St NE

605-886-0123

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 Reconation Therapy(MRT) group

Youth & Family Services:

- Dialectical Behavioral Therapy (DBT) Skills group
- Home Based Counseling
- Emotion Regulation Group
- Moral Reconation Therapy (MRT)
- Psychiatric Evaluations and Medication Management
- Individual and Family Services
- School Based Services

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
lsssd.org

Mental Health Services: Telehealth options for counseling services in Watertown. Watertown site offers wraparound program, an early intervention program that provides strengths-based, family-driven case management/care coordination services. Family Resource Services (now known as Kinships and Foster Care Licensing).

Momentum Counseling & Consulting

1103 Jenson Ave SE
605-868-8780

Contact: Amanda R. DeVries

Email: amandad@momentumcac.com

Provides individual, couples and family counseling for those 12+ years old. Anxiety, trauma, depression, mood disorders, adjustments/life transitions, suicidal thoughts, personality disorders. In-person and Telehealth services are available. Licensed in SD and CO.

New Beginnings Counseling

818 Broadway St, Suite 109
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 113
605-494-1500
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.

Through the Woods

1103 Jenson Ave
605-956-7140

Contact: Amanda Ulmer

Email: amanda@throughwoodscounseling.com
throughthewoodscounseling.com

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.

Watertown CBOC (Community Based Outpatient Clinic)

4 19th St NE
605-884-2436

A resource for veterans looking for mental health services.