

# SHOULD YOU CALL 211?

- You are having a hard time taking care of yourself or your family on a daily basis
- You experience abnormal sleep patterns: not sleeping at all or sleeping excessively
- Stress gets in the way of your daily activities several days in a row
- You experience rapid, unexplained mood swings
- You feel sad, blue, hopeless or depressed the majority of the time
- You worry excessively and experience anxiety that overtakes most of your thoughts
- You can't shake the impact of a trauma or loss in the past or caused by recent events
- You are using alcohol, drugs (including prescription drugs), other substances or activities as a way to help you numb your pain
- You anger easily and often act irrationally or even violently
- You have irrational fears that interrupt your daily life, including hallucinations, obsessive behaviors and extreme behaviors
- You are thinking about suicide or harming yourself

**PLEASE GET THE SUPPORT YOU NEED FROM PEOPLE WHO CARE.**

**CALL 211.**

**STRENGTH TAKES COURAGE.**

Program Managed by the  
Division of Behavioral Health  
SD Department of Social Services



The Road to Recovery



South Dakota  
Department of  
Social Services

**BEHAVIORAL  
HEALTH  
VOUCHER  
PROGRAM**



**HERE TO  
PROVIDE  
CARE**

Call 211 for the support you need.

[605strong.com](http://605strong.com)  
[dss.sd.gov](http://dss.sd.gov)

## SEEK SUPPORT

No matter who you are, your life has most likely been impacted by the flooding and tornadoes of 2019 and/or the COVID-19 pandemic or both. Thousands of people across South Dakota are facing challenges unlike any they have ever experienced.

If you feel overwhelmed in your situation or are struggling with emotions like anxiety, depression, stress, sadness or fear, you are not alone. Your feelings are an understandable human response before, during and after a crisis situation. Finding a healthy way to work through these feelings is important for you and everyone around you.

There is a **new** Behavioral Health Voucher Program offering funding assistance for mental health and substance abuse services.

**Call 211 for the support you need.**

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## WHAT SERVICES DO VOUCHERS COVER?

Mental Health Services

Substance Abuse Services

Transportation and Medication Cost Assistance

- Services can be in-person or via telemedicine.
- You and your provider determine how many sessions you need.
- Call 211, 24/7 to find a provider near you.

## DO I QUALIFY FOR A VOUCHER?

- Experiencing mental health and/or substance related issues? - you qualify.
- Need funding support to cover costs of services? - you qualify.
- Out of pocket/co-pays on your insurance are beyond your means? - you qualify.

## STRENGTH TAKES COURAGE

We urge you to reach out and connect with someone who will listen and understand.

Professional counselors are trained to provide you with proactive measures to help you deal with your individual emotions and situations.

The goal is to help as many people as possible, so that businesses, families and lives can move toward a stronger, brighter future.

**Call 211 for the support you need.**

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