BEHAVIORAL HEALTH

Behavioral health is a key part of your wellbeing. It is just as important as your physical health.

Behavioral health care includes treatment, recovery services, and support for your mood, behavior, or use of drugs and alcohol.

Here are some ways you can improve your behavioral health:

MAINTAIN POSITIVE RELATIONSHIPS WITH FRIENDS AND FAMILY

BE ACTIVE AND ENGAGE IN PHYSICAL ACTIVITY

EAT HEALTHY FOOD

GET ENOUGH SLEEP

Most behavioral health services:

- Are covered for Medicaid recipients, or
- Financial assistance may be available for individuals who do not qualify for Medicaid.

Check with your Primary Care Provider for more information on available services.

RESOURCES

To find a local provider, please call 211, visit dss.sd.gov, or scan the following:

Visit the following websites for additional resource information:

sdsuicideprevention.org

www.605strong.com

www.avoidopioidsd.com

South Dakota
Department of
Social Services