

# South Dakota Crisis Lines and Shelters

## **Aberdeen**

Safe Harbor

Crisis Line: 605.226.1212 or 1.888.290.2935

## **Brookings**

Brookings Domestic Abuse Shelter

Crisis Line: 605.692.7233

## **Chamberlain**

Missouri Valley Crisis Center

Crisis Line: 605.234.5155

## **Eagle Butte**

Sacred Heart Center

Crisis Line: 800.390.9298

## **Flandreau**

Wholeness Center

Business: 605.997.3535

Crisis Line: 605.997.5594

## **Fort Thompson**

Wiconi Wawokiya, Inc

Crisis Line: 605.730.2471

## **Huron**

Jan Manolis Family Safe Center

Business: 605.554.0398

Crisis Line: 605.350.6663 or 605.350.6690

## **Lemmon**

Communities Against Violence and Abuse (CAVA)

Business: 605.374.5823

Crisis Line: 605.244.7233

## **Madison**

Domestic Violence Network of the Lakes Region

Business: 605.427.7233

Crisis Line: 605.480.2721

## **Martin**

Sacred Shawl Society

Crisis Line: 605.685.1168

## **Mission**

White Buffalo Calf Woman Society, Inc. (WBCWS)

Crisis Line 1.844.856.2317

DV: 605.856.2317

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SA: 605.828.0200

## **Mitchell**

Mitchell Area Safe House

Business: 605.996.6622

Crisis Line: 605.996.4440

## **Mobridge**

Bridges Against Domestic Violence

Crisis Line: 605.845.2110

## **Pierre**

Missouri Shores Domestic Violence Center

Business: 605.224.0256

Crisis Line: 605.224.7187 or 1.800.696.7187

## **Pine Ridge**

Oglala Sioux Tribe Victim Services Program

Crisis Line: 605.899.0084

## **Rapid City**

Working Against Violence Inc. (WAVI)

Business: 605.341.3292

Crisis Line: 605.341.4808

## **Redfield**

Family Crisis Center, Inc.

Crisis Line: 605.472.0508

## **Sioux Falls**

Children's Inn

Business: 605.338.0116

Crisis Line: 605.338.4880 or 1.888.378.7398

The Compass Center

Business: 605.339.0116

Crisis Line 605.274.1442 Or 1.877.462.7474

## **Sisseton**

Wac'ang'a Inc. (Sweetgrass)

Crisis Line: 605.698.4129 or 1.888.200.4492

## **Spearfish**

Artemis House – Victims of Violence Intervention

Crisis Line: 605.642.7825

## **Sturgis**

Crisis Intervention Shelter Services, Inc. (CISS)

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Crisis Line: 605.347.0050 or 1.800.755.8432

## **Vermillion**

Domestic Violence Safe Option Services (DVSOS)

Crisis Line: 605.624.5311

## **Watertown**

Beacon Center

Business: 605.886.4304

Crisis Line: 605.886.4300 or 1.800.660.8014

## **Winner**

Winner Resource Center for Families

Crisis Line: 1.877.695.0558

## **Yankton**

River City Domestic Violence Center

Business: 605.665.4811

Crisis Line: 605.665.1448

## **Additional SD Resources:**

Helpline Center

Crisis Line: 211 or 605.339.4357

Text zip code to 898211

Visit [helplinecenter.org](http://helplinecenter.org)

SD Hotline

1.800.430.SAFE

## **National Resources:**

National Sexual Assault Hotline

1.800.656.4673 (HOPE)

Visit [rainn.org](http://rainn.org)

National Domestic Violence Hotline

1.800.799.7233 (SAFE)

TTY: 1.800.787.3224

Videophone: 1.855.812.1001

Visit [thehotline.org](http://thehotline.org)

National Deaf Domestic Violence Hotline

Videophone: (206) 812-1001

E-mail: [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)

# **South Dakota Crisis Lines and Shelters**

Tips for talking to a survivor

# South Dakota Crisis Lines and Shelters

Here are some tips for talking to a survivor of sexual assault or domestic violence. These tips are meant to be a guide and should be used as such. Supportive reactions and compassionate listening is among the most helpful ways to support a survivor.

## **Common Phrases to Use:**

I'm sorry this happened to you.

It's not your fault.

I believe you.

You have the right to feel \_\_\_\_\_.

Do you need medical attention?

Can we assist you in getting medical attention?

Confidentiality is important to us. We will continue to talk about this as we work with each other.

## **Things to Consider:**

- Listen to the survivor.
- Keep opinions to yourself.
- Do not be judgmental.
- Survivors often blame themselves. Remind them that they are not to blame.
- It can be difficult for survivors to come forward. They may feel ashamed or concerned that they won't be believed.
- Survivors often feel many different emotions, and everyone reacts differently to trauma.
- Match the language they are using to describe the assault or violent incident.
- Many crisis agencies have advocates available to support a survivor following an assault.
- Reassure the individual that there are agencies available to help them. Offer information on the services.
- Give individuals options and encourage them to make decisions about next steps.
- Remind the survivor that services are free and confidential.
- Explain mandatory reporting requirements.
- Remind survivors that the healing process takes time.

# South Dakota Crisis Lines and Shelters

- Being a support person can take a toll. While working with survivors, you may feel a range of emotions (disbelief, anger, sadness, anxiety or guilt). Reach out and talk to a colleague or another professional. Practice self-care techniques.

Large print and electronic version of this document are also available.

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