# South Dakota Crisis Lines and Shelters

Aberdeen

Safe Harbor

Business: 605.226.1212 Crisis Line: 888.290.2935

**Brookings** 

**Brookings Domestic Abuse Shelter** Business & Crisis Line:

605.692.7233

Chamberlain

Missouri Valley Crisis Center Business: 605.730.7155 Crisis Line: 605.234.5155

**Eagle Butte** 

Sacred Heart Center Business: 605.964.7233 Crisis Line: 800.390.9298

**Ellsworth AFB** 

SA Prevention & Response Office Crisis Phone: 605.385.7272

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: 605.350.6690

Lemmon

Communities Against Violence and Abuse (CAVA) Business: 605.374.5823 Crisis Line: 605,244,7233

**Lower Brule** Restoring Hope

Crisis Phone: 605.473.2471 or

605.730.2471

**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,

Business & Crisis Line: 844.856.2317

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

800.696.7187

Pine Ridge

Oglala Sioux Tribe Victim Services

Program

Crisis Line: 605.867.1508

**Porcupine** 

Winyan Wicayuonihan Oyanke Business: 605.391.2609

Rapid City

Working Against Violence Inc.

(WAVI)

Business: 605.341.3292 Crisis Line: 605.341.4808

Redfield

Family Crisis Center, Inc. Business: 605.450.1345 Crisis Line: 605.472.0508 Sioux Falls

Children's Inn Business: 605.338.0116

Crisis Line: 605.338.4880 or

888.378.7398

<u>The Compass Center</u> Business: 605.339.0116 Crisis Line 605.274.1442

Carimando Juntos (Latino specialty)

Business: 605.274.3735

Sisseton

Wac'ang'a Inc. (Sweetgrass) Crisis Line: 605.698.4129

**Spearfish** 

Artemis House – Victims of Violence

Intervention

Crisis Line: 605.642.7825

Sturgis

Crisis Intervention Shelter Services,

Inc. (CISS)

Crisis Line: 605.347.0050 or

800.755.8432

Vermillion

**Domestic Violence Safe Option** 

Services (DVSOS)
Business & Crisis Line: 605.624.5311

Watertown

**Beacon Center** 

Business: 605.886.4304 Crisis Line: 605.886.4300 or

800.660.8014

Winner

Winner Resource Center for Families

Business: 605.842.2736 Crisis Line: 877.695.0558

Yankton

River City Domestic Violence Center

Business: 605.665.4811

Crisis Line: 605.665.1448

#### **National Resources:**

National Sexual Assault Hotline 1.800.656.4673 (HOPE) Visit rainn.org

National Domestic Violence Hotline 1.800.799.7233 (SAFE) Visit thehotline.org

National Deaf Domestic Violence Hotline

Videophone: 855.812.1001

E-mail:

nationaldeafhotline@adwas.org

National Human Trafficking Hotline 1.888.373.7888 Text 233733 (send HELP or INFO)

**Additional SD Resources:** 

Helpline Center

Crisis Line: 211 or 605.339.4357

Text zip code to 898211 Visit helplinecenter.org

SD Hotline 1.800.430.7233 (SAFE)

### South Dakota Crisis Lines and Shelters

## Tips for talking to a survivor

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 \_\_\_\_\_.

#### 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.

- 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.
- 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.
- 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.

Notes:				

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

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