

Life can be difficult, and there is no shame in asking for help. The team of mental health professionals at Dakota Family Services can give you and/or your loved one a safe place to work through difficult emotions and experiences. During your sessions, you will learn healthy coping and communication skills, as well as strategies for managing your thoughts, feelings, and behaviors. At Dakota Family Services, we will help you develop the skills you need to feel better—so you can live your best life.

What is Dakota Family Services?

Dakota Family Services is a group of compassionate, practiced experts providing behavioral health care for people of all ages and backgrounds. Our team of providers includes licensed therapists, nurses, nurse practitioners, medication management professionals, psychologists, psychometrists, and a full-time psychiatrist.

Whether you or your family need help finding the right medication, coping with mental illness, or navigating life's changes and challenges, you can count on our trusted team of mental health providers to be by your side.



How do I know if therapy might benefit me or my loved one?

Therapy might be beneficial for you or your loved one if either of you are:

- Experiencing symptoms of a mental illness, such as anxiety, depression, or ADHD.
- Having difficulty with relationships at home, school, and/or work.
- Struggling to cope with a major life change.
- Having difficulty managing stress and emotions.

What services are available at Dakota Family Services?

The mental health care experts at Dakota Family Services provide:

- Therapy for Adults
- Therapy for Children
- Psychiatric Services
- Medication Management
- Psychological Testing
- Group Therapy
- In-Person and Online Therapy
- Relationship and Couple Therapy
- Family Therapy

What types of therapy do you provide?

The mental health providers at Dakota Family Services are trained in a variety of evidence-based therapy modalities, including:

- Cognitive Behavioral Therapy (CBT)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Cognitive Processing Therapy (CPT)
- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Play Therapy
- Motivational Interviewing
- Prolonged Exposure Therapy (PE)
- Narrative Therapy

Our mental health providers will work with you to determine the type of therapy that will be most effective for your situation. In many cases, a combination of therapy modalities will have the most impact.

“The whole experience was great, all staff were friendly. I’m really happy with the visit and my care.”

—Dakota Family Services Patient



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What does it cost?

We work closely with patients and insurance companies to determine all possible payment options. We are an in-network provider for the following insurance plans:

- U.S. Department of Veteran's Affairs
- Blue Cross Blue Shield of ND
- TriCare
- North Dakota Medicaid
- Medicare
- Medica
- Sanford Health Plan
- Health Partners
- United Behavioral Health

If you do not have insurance, we do accept private pay for therapy, psychiatric services, and psychological testing.

How do I make an appointment?

For more information or to book an appointment, call 800-201-6495. Our intake specialists will gather the information they need to schedule an appointment that meets your needs.

"The strides my son has made in the short time we have been with DFS are amazing."

—Dakota Family Services Patient

"Everyone there is so friendly, professional, and caring."

—Dakota Family Services Patient

Clinic Locations

Fargo



7151 15th St. S, Fargo, ND 58104
701-364-2950

Minot



6301 19th Ave. NW, Minot, ND 58703
701-837-6508



800-201-6495
DakotaFamilyServices.org

Outpatient Mental Health Services

for Adults, Children,
and Adolescents



When you or your loved one needs help coping with mental illness or navigating life's changes and challenges, our trusted team of mental health professionals can help.

