The Surbeck Center
Second Floor
501 E. Saint Joseph St.
Rapid City, SD 57701
(605) 394-1924

We are here to help you develop more personal awareness and learn the skills you need to be successful. Our approach is collaborative, goal-oriented, and multi-culturally sensitive.

- Learn to recognize the symptoms of depression and anxiety.
- Discover wellness opportunities including stress management and personal development.
- Learn more about time management, test anxiety, and study skills.
- Learn more about your relationships and how they may impact your education and life.

Community Resources

SD Mines Counseling staff work hand-in-hand with numerous community agencies to ensure the well-being of our students. Student may reach out to several 24-hour services.

Crisis Care Center: 321 Kansas City Street
Rapid City SD 57701
Phone: 1-605-391-4863

Suicide Prevention Hotline: 1-800-273-TALK
WAVI Sexual Assault Hotline: 888-716-9248
Regional Urgent Care: (605) 755-CARE
Veterans Crisis Line: 1-800-273-8255

“The SDSMT Counseling Department guided me through the most stressful period of my life. I was able to follow my semester goals with knowledge that I was not alone in my pursuits.”
STRENGTH STARTS
WITH INSIGHT:

Do you know your stress signs?

Can you handle pitfalls?

How long do you put off the undeniable?

ASSISTANCE FOR SUCCESS:

Personal and Academic Issues

Workshop, Seminar Resource

Mediator Service

Problem Solving Skills

BEYOND COUNSELING

Our department readily designs events to promote the wellness and balance of SD Mines students:

WELLNESS FAIR

Each Year in the Spring Semester, the Counseling office coordinates and brings a plethora of health and wellbeing organizations to campus. The objective of the Wellness Fair is to promote healthy lifestyles and balanced living for SD Mines students, staff and faculty.

CAMPUS PREVENTION PROGRAMS

Prevention education for students, faculty, and staff is offered to an ongoing basis. New students receive initial information during the orientation process and prevention education is continued throughout the academic school year. Counseling staff are available to speak to student organizations that request additional information.

success is a journey
not a destination

Come in:
Email, call or drop by to schedule an appointment:

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Email: counseling@sdsmt.edu

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