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 personal development opportunities including stress management and coping skills.
- 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 collaboratively with numerous community agencies to ensure the well-being of our students. Students 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 (8255)

WAVI Sexual Assault Hotline: 888-716-9248

Regional Urgent Care: (605) 755-CARE (2273)

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 and Seminar Resources
- Mediation Services
- 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, 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.

CAMPUS PREVENTION PROGRAMS

Prevention education for students is offered on an ongoing basis. Strengthening protective factors as well as removing or reducing risk factors are important strategies to promote mental health and illness prevention.

Counseling staff are available to speak to student organizations that request additional information on effective coping strategies and education on when to seek help.

Success is a journey not a destination.

Come see us!
Email, call or drop by to schedule an appointment:

Located in the Subeck Center. 605-394-1924 counseling@sdsmt.edu

Located in the Subeck Center.