

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 and get help.
- 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.

“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.”

Community Resources

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

Crisis Care Center

(605) 391-4863
(605) 381-2482

Suicide Prevention Hotline

1-800-273-TALK

WAVI sexual assault hotline

(605) 791-0434

Regional Urgent Care

(605) 755-CARE

Call-A-Nurse

(605)-519-4703

Veterans Crisis Line

1-800-273-8255

SOUTH DAKOTA



SCHOOL OF MINES
& TECHNOLOGY



SOUTH DAKOTA



SCHOOL OF MINES
& TECHNOLOGY

The Surbeck Center
Dean of Students Offices
Second Floor
605-394-2416

SD MINES

**Counseling Department
and ADA Services**

SD Counseling Center

Strength Starts with Self-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



ADA Services

Come in:

Email, call or drop by to schedule an appointment:

Phone:

605.394.2416

Email:

Counseling@sdsmt.edu



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Beyond Counseling

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

Wellness Fair

Each year, during the first part of Spring Semester, the Counseling office coordinates and brings to campus 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. Submit your ideas for the Fair to the Counseling department.

Campus Prevention Programs

Prevention education for students, faculty, and staff is offered on 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.

ADA Services

Disability Documentation for individuals requesting an

accommodation, documentation is required. All information gathered by student ADA services is used only to establish accommodations for students and internal record keeping. All of the documentation is kept confidential within student ADA services and falls within compliance of Section 504 of the Rehabilitation Act and the Americans with Disabilities Act (ADA).

Students may disclose a disability to student ADA services at any time during the academic year. If a student has received an accommodation in an academic setting before, the student is encouraged to disclose and establish an accommodation prior to the beginning of a class or classes.