



Well-being Resource Guide

Today I am feeling...

Academic Anxiety:

Things that can help how I am feeling...

[Study Hub](#) for links to:

- Academics supports (by subject) and links in Additional Resources
- Advising, you can utilize [ConnectState](#) to schedule an appointment with your academic advisor
- Hilton M. Briggs Library
- Math Help Center
- Modern Languages
- Wintrode Tutoring Program
- Speech Center
- Success Strategies
- Supplemental Instruction
- Writing Center

Time Management Anxiety:

[Study Hub](#) houses a series of success strategies for Time Management.

Financial Stress:

SDSU Financial Aid Office:

Phone: 605-688-4695

Email: SDSU.Finaid@sdstate.edu

FAFSA: <https://studentaid.gov/h/apply-for-aid/fafsa>

[College Budgeting Tips](#): Family and Personal Finance

Financial Tips and Tools: www.Mymoney.gov

Part-time Jobs: [South Dakota Department of Labor](#)

...like seeing a counselor:

SDSU Student Health Clinic and Counseling Services

Phone: 605-688-4157

Family Concerns/Relationship Issues/Loneliness:

1. Reach out to someone in your support system to talk about your concerns/issues.
2. When conversing with others make sure to actively listen as well as express yourself.
3. Open communication is key! Avoid technology – talk in person or on the phone!
4. Spend time with a friend/family member talking and/or doing an activity.

Medical Issues:

SDSU Student Health Clinic & Counseling Services,
Phone: 605-688-4157
Avera Brookings Medical Clinic, Phone: 605-697-9500
Sanford Health Brookings Clinic, Phone: 605-697-1900
Brookings Health System, Phone: 605-696-9000

...and need Law Enforcement:

SDSU University Police Department (UPD): 605-688-5117
Emergencies from campus phone: 111
Brookings Police Department, Phone 605-692-2113
EMERGENCY: Call 911

...and need...:

SDSU Support Desk (Computer Help), Phone: 605-688-6776
SDSU Disability Services, Phone: 605-688-4504
SDSU Veterans Services, Phone: 605-688-4700
SDSU Legal Advice, Phone: 605-688-5181
SDSU Housing, Phone: 605-688-5148
Rabbit Ride:

- Students call: 605-697-9355
- Brookings Community call: 605-695-3984
- Free Ride Fridays & Saturdays: 9 p.m. – 2:30 a.m.
- On-demand ride requests available through [TransLoc](#)
 - Download from Apple or Google Play stores
 - Open the app and select South Dakota State University, using your SSO to sign-in

Jacks Cupboard: located SE side of Ben Reifel Hall

- Please check the [Jacks Cupboard Facebook](#) page for hours each term.

Remember – exercise helps anxiety! The Wellness Center is free for students!

The Well-being Guide initially provided by the College of Education & Human Services
and updated by the Wintrobe Student Success and Opportunity Center.