SCS is charged with serving the greatest number of ISU students possible & to assist them to be successful in their student endeavors.

SCS assists students with finding the most appropriate services within ISU AND/OR the Community.

Options may include:
- Biofeedback
- Group Counseling
- Individual Counseling
- ISU campus resources
- Specialized assessment
- Higher Level of Care

Getting Started at SCS
3rd Floor Student Services Bld.

Walk-in Triage
Monday/Tuesday/Thursday 8-3 p.m.
For those students are new to counseling, interested in group therapy services, or would like assistance determining best community options for services.

Crisis Assessment M-F 8-5 p.m.: Only for students who are unsure they can stay safe today or who have experienced an emergency in the last 24 hours.
Individual Therapy in the Community IS the most appropriate option for students who:

- Have previously utilized individual therapy services either at SCS or elsewhere.
- Are working through concerns which would benefit from more than a few sessions.

SCS has compiled a list of community referrals to help students connect to a local therapist. It is available on our web site: counseling.iastate.edu/campus-and-community-resources

Questions? scsreferralassistance@iastate.edu

OUTREACH REQUESTS

- Crisis Debriefing—has the highest priority! SCS wants to support those impacted by a tragedy
- General presentations—SCS will assess our trainees’ ability to fulfill requests for groups of 30 or more students

Career Exploration Services

Unsure of your career path?

Let us help you develop your personal career plan!

Walk-in Services M-F 9-5 p.m.
2nd Floor Student Services Bld
515-294-0742

Contact Us

Student Counseling Service
SSB 3rd Floor
Ames, IA 50011-2223

(515) 294-5056

Visit us on the web at www.counseling.iastate.edu/

Career Exploration Services

2030 SSB 2nd Floor
Ames, IA 50011-2223

(515) 294-0742

Visit us on the web at www.counseling.iastate.edu/career-exploration-services