**WHAT TO EXPECT DURING YOUR INITIAL MEETING**

You will be meeting with a counselor for 15-20 minutes. We will ask you questions about your current situation and safety. Please understand that today's brief meeting is not a therapy session. The purpose is for us to understand your needs, so that we can create a support plan to best meet your needs which may include workshops, group based, brief individual or referral services. Because of the brief nature of today's meeting, the counselor will focus on your most urgent concerns.

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**Student Counseling Services (SCS) is committed to offering students the best possible service and will discuss those options that we believe will best meet your needs.**

We use a stepped care approach to services that offers a range of resources focused on supporting individual needs.

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**WORKSHOPS**

If you are interested in learning specific coping skills, one of our skills-focused workshops may best meet your needs. Our workshops meet weekly for 3-4 weeks and focus on helping students address anxiety or difficulties managing emotions.

**GROUP COUNSELING**

Working on issues within a group setting can be a highly supportive and productive way to address personal concerns. In fact, for some concerns, group counseling can be the most effective treatment. Students who share common concerns meet weekly throughout the semester. Available groups are listed on the back.

**INDIVIDUAL COUNSELING**

We offer brief counseling focused on specific goals. Most brief therapy concerns can be addressed in 4 - 8 sessions and are scheduled every other week.

**COMMUNITY REFERRAL RESOURCES**

In some circumstances, a student’s needs may best be served by a referral to community resources. SCS provides referral options for community providers with expertise to address your specific concerns. We can help with the process and provide you with guidance on how to navigate insurance and transportation. Examples of referrals to services outside SCS include: Need for specialized or more intensive care, you may be graduating or otherwise leaving the area soon, you would benefit from more frequent, longer-term and/or more flexible appointments, or you may get an appointment in the community more quickly.
UNDERSTANDING SELF AND OTHER GROUPS: General process-oriented groups for students dealing with a variety of concerns (depression, anxiety, stress, relationship struggles, etc). Members explore patterns how they relate to themselves and others to help change current behaviors and develop greater insight and acceptance. Current times: Mondays 1:10-2:30pm; Tuesdays 5:10-6:30pm; Thursdays 10:00-11:30 am, 1:10-2:30pm

ANXIETY GROUP: General process group for students who navigate a variety of different anxiety issues. This group will give students the opportunity to connect with others who struggle with the impact anxiety has on important areas of life (relationships, academics, etc). Current times: Wednesdays 1:10-2:30pm

DBT SKILLS GROUP: Semester-long skills based group made up of 4 modules-Core Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness. DBT skills are designed to help students who wish to improve their ability to regulate emotions, tolerate distress and negative emotion, be mindful and present in the given moment and communicate and interact effectively with others. Current times: Mondays 3:10-4:30pm

GENDER IDENTITY AND EXPRESSION GROUP: For students navigating the joys and challenges related to gender identity and expression. Open to students at any point on the gender identity and expression spectrum. Current time: Thursdays 3:10-4:30pm

GRADUATE/NON-TRADITIONAL STUDENT GROUP: Like our Understanding Self and Others groups, this group is a general process-oriented group for students dealing with a variety of issues of personal concern (depression, anxiety, stress, relationship concerns and academic pressures, among other things). Members also connect on issues related to age and graduate student status. Current time: Tuesdays 1:10-2:30pm

HEALING THE HEART: This is a process group for students who have experienced interpersonal trauma or a relational pattern in which trust was broken (emotion/verbal, physical, sexual, stalking, FOO, bullying, partner violence). The group will provide a safe and affirming space for students to focus on building a sense of self and exploring how to integrate past traumatic experiences with present day life. Current time: Thursdays 1:10-2:30pm

LIVING BRAVE: A MEN’S GROUP: For students identifying as men. Focus will be on how to infuse courage, integrity, and vulnerability into our lives as men. Group will cover many topics, including: relationships, intimacy, anxiety, depression, communication skills and identifying the kind of man you want to be in today's world. Current time: Thursdays 10:00-11:30am

MAKING PEACE WITH FOOD AND BODY: For students who are struggling with food and body image concerns. Current time: Mondays 3:10-4:30pm

SELF-LOVE: For students experiencing a variety of issues of personal concern with a thematic focus on self-compassion infused throughout group discussion and activities. Current time: Monday 3:10-4:30pm

WOMEN’S GROUP: USO group for students identifying as women to engage in topics such as self-esteem, self-empowerment and self-care. Group will also explore concerns about stress, anxiety, depression, family relationships, communication skills and life transitions. Current time: Wednesdays 3:10-4:30pm

WORKSHOP-CREATE YOUR OWN CALM: Three-week, skill-based workshop focused on developing strategies for addressing anxiety, excessive worry and feeling overwhelmed. Current time: Tuesdays 3:10-4:30pm, Wednesdays 3:10-4:30pm

WORKSHOP-EMOTION SKILLS: Four-week, skills-based group focused on helping students increase emotional intelligence skills. Focusing on awareness and identifying emotions, emotion vocab, avoidance and suppression tendencies, constructive and effective emotional expression and role of emotion in relationships. Current times: Thursdays 3:10-4:30pm

CRISIS RESOURCES
- For life-threatening emergencies, please call 911
- Campus police at (515) 294-4428
- Mary Greeley Medical Center Emergency Room
  1111 Duff Avenue - Ames
- National Suicide Prevention Lifeline
  (800) 273-8255
- Text the 24 hours Crisis Text line
  Text ISU to 741741