



Student Counseling Services provides prevention, intervention, information and referral services to Iowa State students.

Assistance is available for students coping with relationship problems, low self-esteem, stress, loneliness, depression, cultural differences, sexual assault recovery, childhood abuse, trauma, eating disorders, substance abuse, academic motivations and other concerns.

Most professional services of Student Counseling Services are provided by the university at no charge to students.

OUR SERVICES INCLUDE:

WORKSHOPS help build skills across a variety of areas in which students experience difficulty. These workshops are offered at various times each week to accommodate students' busy schedules.

GROUP COUNSELING is a proven and powerful mode of treating a variety of clinical concerns. Groups typically consist of 5-10 students.

INDIVIDUAL COUNSELING allows students to meet individually with a trained clinician to address a variety of issues, from developmental needs to treatment of mental health concerns.

CAREER COUNSELING can assist students having difficulty choosing a major or making decisions about their future after college. Career counseling can be supplemented with specialized assessments, such as computer testing to help students find the right path for themselves.

COUPLE COUNSELING is available for Iowa State students and their partners during times of relationship difficulty. Both parties need to be current Iowa State students.

CRISIS COUNSELING is available Monday through Friday 8AM-5PM to any student in need of immediate care.

BIOFEEDBACK is a popular service offered through the mind body program. With the aid of specialized computer technology, students can access a variety of programs to learn and practice skills which may reduce stress, anxiety and many other concerns. Biofeedback can be accessed by students following an orientation to learn the equipment.

OUTREACH AND CONSULTATION SERVICES

We collaborate with our colleagues in the Student Health and Wellness unit to offer educational presentations and provide consultation to students, faculty and staff. Consult our webpage for the most up-to-date list of presentation topics.

STUDENT COUNSELING SERVICES STAFF

Our professional staff members have doctoral degrees in counseling or clinical psychology, master degrees in mental health counseling or social work, are licensed in the state of Iowa or are being supervised by a licensed staff member. In addition, we are a training facility and utilize postdoctoral fellows, psychology doctoral interns, graduate assistants and graduate-student practicum counselors in our daily schedule.

ELIGIBILITY FOR SERVICES

Students must be currently enrolled or registered as Iowa State students. Partners and spouses of students are eligible for relationship counseling, even if they are not Iowa State students.

CRISIS SERVICES

SCS is available weekdays 8AM-5PM for students in personal crisis who are in imminent need of assistance.

GETTING STARTED

Initial consultations are conducted on a walk-in basis. Please arrive Monday - Thursday between 8AM - 3PM if you wish to speak to someone and request one of the treatment services SCS offers. Ensure that you have at least 90 minutes at that time to complete initial paperwork and visit with an on-call counselor about your needs for 15-20 minutes. Following the initial consultation, options will be discussed for continued treatment.

FEES FOR SERVICES

Most professional services of the SCS are provided by the university at no charge to the student. When testing is recommended, there is a minimum fee designed to recuperate the cost of the test. This fee can be charged to the student's U-bill if desired. **NOTE: NO SHOW FEES are applied when appointments are not canceled in advance.**

CONFIDENTIALITY

In compliance with federal laws and regulations, all services of the Student Counseling Services (SCS) office are strictly confidential. Our staff will not release any information regarding clients or the services they receive, to anyone outside SCS without the written permission of the client.

DIVERSITY

SCS welcomes people of every gender, identity and expression, ethnicity, race, sexual orientation, age, physical and mental ability, religion and socioeconomic class to use our services. We are committed to providing culturally sensitive and respectful treatment.

2505 UNION DRIVE
Student Services Building, 3rd Floor

STUDENT COUNSELING SERVICES

WALK-IN HOURS

MONDAY - THURSDAY: 8AM - 3PM

CRISIS HOURS

MONDAY - FRIDAY: 8AM - 5PM

To get started with counseling or other SCS services, please walk in during our walk-in hours when you have about 1.5-2 hours free.

Life can be many things, especially as college students. You're discovering exciting passions, exploring new possibilities and beginning more and more of life's adventures.

But it can also be stressful and hectic. It can be depressing and scary. Sometimes it can be overwhelming. We're here for when life hits those down moments, where you feel like it's impossible for anything to go right in your life.

WE CAN HELP.

