

IOWA STATE UNIVERSITY

Student Counseling Services

We are here to support you! We've made a few changes to our system to promote the health and safety of our community, while also maintaining our model of accessible care to students. SCS is proud to offer a full range of services to ISU students this semester.

4 QUICK STEPS TO GET STARTED



STEP

1

Call our main line at 515-294-5056 and let us know you would like to get started with services.



STEP

2

We'll ask you a few questions and send you an email to complete a few brief surveys. There is no wait for services.



STEP

3

You'll meet with one of our providers using our video based online platform or phone to talk about your concerns and come up with a support plan.



STEP

4

Your support plan will connect you with the best services to meet your needs. Our stepped care model offers many options and services are FREE.

*We are limiting in-person services during the fall semester to crisis only. If you feel you are in crisis, notify us and we'll discuss options. All routine and ongoing care will be provided through telehealth.

