Hello Cyclones! Thank you for supporting the holistic development and wellness of our students. As a community of care at Iowa State University, we all play an important role and we value all of our community partners in this effort.

This year we navigated significant events and challenges and leaned into new ways of supporting students. Student Counseling Services had a year of growth, impact, and innovation in supporting the mental health and wellbeing needs of our students. We are excited to share key highlights and outcomes from our year and look forward to continuing to serve this amazing cyclone community. We are here for you!
SCS continues to see a significant demand for services despite changes in enrollment over time. This year we saw a **15% increase** in students seeking services prior to the remote learning period. We ended the year with a **3% decrease** compared to 18-19. We have seen an **increase of 20%** over the past 5 years. Our walk-in-triage model has no wait for services. We were able to meet the demand while also cutting wait time for follow up services by 50%.
SCS SERVICES HIGHLIGHTS

Students presented with a range of concerns. Most common presenting concerns at first contact were anxiety (62%), depression (40%), stress (32%), self-esteem/confidence (29%), interpersonal functioning (26%), academic performance (26%), relationship problem (24%), family (22%), trauma (13%), and perfectionism (13%).

During the 19-20 academic year, students attended 11,962 appointments. This represents a 3% decrease compared to 18-19. Specifically during the remote instruction period, we served 458 students providing 1178 appts.

- **Crisis Services**
  Provided 326 appts serving 278 students in crisis. 951 students (43.8%) reported thoughts of suicide within the past two weeks at first contact.

- **Outreach Services**
  Provided 156 presentations, interviews, or debriefings reaching 5607 students, faculty, and staff on campus.

- **Group Services**
  Provided 2265 appts serving 382 students with 24 weekly groups. Represents a 23% increase in students served compared to last year.

- **Career Exploration Services**
  Provided career coaching services to 268 students. Represents a 19% increase in students served compared to last year.

What students are saying about SCS...

- **93%** Overall, I am satisfied with the services I receive
- **95%** I would likely recommend SCS to a friend if needed
- **80%** SCS will help me to stay in school at ISU
- **94%** I would likely seek counseling in the future if needed