WE CAN HELP

**Student Counseling Services**

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.

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**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.

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

**BIOFEEDBACK** is a learning tool that helps us observe the body’s physiological responses to everyday events. Once we are aware of these stress reactions, we can learn to change our body’s response through biofeedback training, which often results in greater relaxation, focus, and healthier coping strategies. At the SCS Biofeedback Center, you can see, hear, and become more aware of your body’s stress response and learn to turn on the relaxation response. To get started, walk into SCS during business hours and complete a video-based orientation.

**OUTREACH AND CONSULTATION SERVICES**

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

Student Counseling Services offers two trainings for any Iowa State University faculty, staff, or administrators who wish to learn more about how to help to students or colleagues who are in distress. These trainings are QPR and RESPOND.

**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.

**CRISIS SERVICES**

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

**GETTING STARTED**

To get started with counseling or other SCS services, please call 515-294-5056 during SCS business hours to schedule an initial appointment. During this appointment you will complete paperwork and meet briefly with a provider to talk about your concerns and come up with a support plan.

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**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.

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**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**

(515) 294-5056