

# Getting Started with Student Counseling Services is EASY AS 1-2-3!



## CALL

Call our main line at 515-294-5056 during business hours to schedule an in-person or virtual appointment.



## PAPERWORK

Complete brief paperwork electronically prior to the start of your scheduled appointment.



## APPOINTMENT

Meet with one of our providers to talk about your concerns and come up with a support plan to connect you with the best services to meet your needs.

### CRISIS RESOURCES

- For life-threatening emergencies, please call 911
- Campus police at (515) 294-4428
- Mary Greeley Medical Center Emergency Room 1111 Duff Avenue
- Suicide and Crisis Lifeline  
Call or text 988 or chat [988lifeline.org](https://988lifeline.org)
- Text the 24 hours Crisis Text line  
Text ISU to 741741

### Student Counseling Services

**2505 UNION DRIVE**  
Student Services Building, 3rd Floor

**515-294-5056**

