UNDERSTANDING SELF AND OTHERS GROUP:
General process-oriented groups for students dealing with a variety of concerns (depression, anxiety, stress, relationship struggles, etc). Members explore patterns of how they relate to themselves and others to help change current behaviors and develop greater insight and acceptance. Current times: Mondays, Tuesdays, Wednesdays and Thursdays 1-2:30 and 3-4:30 pm

ACT GROUP: The Acceptance and Commitment Therapy (ACT) Group is for students who want to encounter depression and anxiety differently as well as pursue a full and meaningful life. ACT helps people relate differently to their anxious feelings, depressed moods, worrying mind, self-defeating behaviors and/or anything causing problems. Members explore patterns how they related to themselves and others to help change current behaviors and develop greater insight and acceptance. Current time: Thursdays 3-4:30 pm

BIPOC GROUP: This group is for Black, Indigenous, and People of Color (BIPOC) to openly engage in dialogues related to what it means to be BIPOC on a predominantly white campus. The group will be a mixture of both support as well as process and will additionally address general mental health concerns (relationships, depression, anxiety, etc.). Current time: Wednesdays 2-3:30 pm

DIALECTICAL BEHAVIOR THERAPY FOR EATING DISORDERS GROUP: Dialectical Behavior Therapy for Eating Disorders (DBT for EDs) is a semester-long skill-based group for students experiencing a range of body image, disordered eating, or eating disorder concerns. This group comprises five modules: Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance, and Openness/Flexibility. DBT skills help students who wish to improve their ability to regulate emotions, tolerate distress, be mindful and present in the given moment, communicate and interact effectively with others, and become more open and flexible to new experiences. All of which are useful in healing your relationship with food and body. Current time: Tuesdays 1-2:30 pm

CREATE YOUR OWN CALM: Three-week, skill-based workshop focused on developing strategies for addressing anxiety, excessive worry, and feeling overwhelmed. Current time: Mondays 1-2 pm

REST AND THRIVE: Three-week, skills workshop that provides education and application on coping skills to reset and thrive. The series provides a basic understanding of coping skills to utilize in managing stress, adversity, and fostering growth. Topics include self-compassion, motivation, and resilience. Current time: Tuesdays 3-4 pm

MOOD MANAGEMENT: Three-week, skills workshop to help increase understanding of emotions and develop strategies to help cope when emotions become distressing and hard to tolerate. The goal is to provide skills to recognize and manage symptoms. Current time: Wednesdays 3-4 pm

MOTIVATION AND PROCRASTINATION: Three-week, skills workshop in which students will learn to identify factors that contribute to procrastination and low motivation as well as strategies to effectively address these challenges. Current time: Thursdays 1-2 pm

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
- 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