

WHAT TO EXPECT DURING YOUR INITIAL MEETING

You will be meeting with a counselor for 15-20 minutes. We will ask you questions about your current situation and safety. Please understand that today's brief meeting is not a therapy session. The purpose is for us to understand your needs, so that we can refer you to appropriate resources such as groups and/or workshops, brief therapy here, or referral to an outside counseling agency. Because of the brief nature of today's meeting, the counselor will focus on your most urgent concerns.

Student Counseling Services (SCS) is committed to offering students the best possible service and will discuss those options that we believe will best meet your needs. Thank you!

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

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

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

3 STEP 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.

515-294-5056

IOWA STATE UNIVERSITY
Student Health and Wellness

STUDENT COUNSELING SERVICES
Be Healthy. Be Mindful. Be Active. Be Well.

WORKSHOPS

If you are interested in learning specific coping skills, one of our skills-focused workshops may best meet your needs. Our workshops meet weekly for three weeks and help students learn strategies to address their concerns. All of our workshops focus on helping students develop healthier, more effective coping skills.

INDIVIDUAL COUNSELING

We offer brief counseling focused on specific goals. Most brief therapy concerns can be addressed in 4 - 8 sessions and are typically scheduled every other week. Some of the concerns that are commonly addressed in brief counseling at SCS are:

- Coping effectively with immediate life stresses
- Mild to moderate anxiety and depression
- Interpersonal concerns (friends, family, roommates, romantic partnerships)
- Self-esteem concerns
- Concerns related to the transition to college
- Identity development related to various dimensions of identity (sexual, racial, ethnic, religious, gender)
- Career counseling
- Eating disorder assessment
- Recent trauma

REFERRAL RESOURCES

In some circumstances, a student's needs may best be served by a referral to community or telehealth resources. SCS provides referral options including free telehealth services or community providers with expertise to address your specific concerns. We can help with the process and provide you with guidance on how to navigate insurance and transportation. Sometimes the benefits of referral become more apparent during the course of services. Some of the reasons a referral to services outside of SCS would be the best resource for a student include:

- Need for specialized or more intensive care
- The student is graduating or otherwise leaving the area soon
- A student would benefit from more frequent, longer-term and/or more flexible appointments
- A student may get an appointment in the community more quickly