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.

We are conveniently located right on Iowa State University’s campus on the 3rd floor of the Student Services Building.

515-294-5056
AFTER-HOURS CRISIS LINE
800-273-8255
TEXT “ISU” TO 741741

CycloneHealth.org
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

Student Counseling Services (SCS) provides assessment and treatment for a variety of issues many students face.

These include but are not limited to:
- Adjustment concerns
- Identity and personal goals
- Family and relationship concerns
- Questioning and coming out
- Academic concerns
- Depression
- Anxiety
- Eating disorders
- Trauma recovery

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.

COUPLE COUNSELING is available for Iowa State students and their partners during times of relationship difficulty. Both parties need to be current Iowa State students.

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

BIOFEEDBACK is a popular service offered through the mind body program. With the aid of specialized computer technology, students can access a variety of programs to learn and practice skills which may reduce stress, anxiety and many other concerns.

Biofeedback can be accessed by students following an orientation to learn the equipment.

OUTREACH AND CONSULTATION SERVICES

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

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.

Our counseling team is made up of mental health professionals with highly specialized training in the diagnosis and psychological treatment of mental, behavioral and emotional illnesses. Counseling staff cannot prescribe medications; however, medication management is available at the Thielen Student Health Center.

Our staff focuses on providing counseling treatment. If you are in need of medication treatment, we are happy to provide a referral to a psychiatrist.

(515) 294-5056