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!

SOME OPTIONS, SERVICES AND RESOURCES AVAILABLE AT STUDENT COUNSELING SERVICES

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 3-5 weeks and focus on helping students address anxiety or difficulties managing emotions. All of our workshops focus on helping students develop healthier, more effective coping skills.

GROUP COUNSELING
Working on issues within a group setting can be a highly supportive and productive way to address personal concerns. In fact, for some concerns, group counseling can be the most effective treatment. Students who share common concerns meet weekly throughout the semester. Groups are facilitated by one or more counselors who help students explore specific topics and examine life patterns that are interfering with personal growth or relationships. While waiting, please take a look at our available groups and workshops on the back of the sheet to see which one(s) might fit best for you.

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 (e.g. sexual, racial, ethnic, religious, gender)
- Career counseling
- Eating disorder assessment
- Recent trauma

COMMUNITY REFERRAL RESOURCES
In some circumstances, a student’s needs may best be served by a referral to community resources. SCS provides referral options for 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
UNIVERSITY SELF AND OTHER GROUPS: General process-oriented groups for students dealing with a variety of concerns (e.g., depression, anxiety, stress, relationship struggles, etc.). Members explore patterns how they relate to themselves and others to help change current behaviors and develop greater insight and acceptance. **Current times:** Mondays 1:10-2:30pm; Tuesdays 5:10-6:30pm; Thursdays 1:10-2:30pm, 3:10-4:30pm

USO-CONNECTION & TRUST: This is a process group for students who have experienced interpersonal trauma or a relational pattern in which trust was broken (e.g., emotion/verbal, physical, sexual, stalking, FOO, bullying, partner violence). The group will provide a safe and affirming space for students to focus on building a sense of self and exploring how to integrate past traumatic experiences with present day life. **Current time:** Tuesdays 1:10-2:30pm

USO-GENDER IDENTITY AND EXPRESSION GROUP: For students navigating the joys and challenges related to gender identity and expression. Open to students at any point on the gender identity and expression spectrum. **Current time:** Wednesdays 3:10-4:30pm

USO - GRIEF AND LOSS: For any student who has experienced a significant loss in their life, such as the death of a family member, close friend, or significant other. **Current time:** Wednesdays 1:10-2:30pm

USO-GRADUATE/ NON-TRADITIONAL STUDENTS: Like our Understanding Self and Others groups, this group is a general process-oriented group for students dealing with a variety of issues of personal concern (e.g., depression, anxiety, stress, and relationship concerns, academic pressures, among other things). Members also connect on issues related to age and graduate student status. **Current time:** Wednesdays 1:10-2:30pm

MAKING PEACE WITH FOOD AND BODY: For students who are struggling with overeating and body image concerns. **Current time:** Tuesdays 3:10-4:30pm

USO-MEN'S GROUP: For students identifying as men. Focus will be on relationships, intimacy, anxiety, depression, communication skills, and identifying the kind of man you want to be in today's world. **Current time:** Mondays 3:10-4:30pm

USO-SELF COMPASSION: For students experiencing a variety of issues of personal concern with a thematic focus on self-compassion infused throughout group discussion and activities. **Current time:** Monday 3:10-4:30pm

USO – WOMEN OF COLOR: For women of color to openly engage in dialogues related to what it means to be a student of color on a predominantly white campus. 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:** Tuesday @ 5:10-6:30

USO-WOMEN'S GROUP: USO group for students identifying as women to engage in topics such as self-esteem, self-empowerment, and self-care. Group will also explore concerns about stress, anxiety, depression, family relationships, communication skills, and life transitions. **Current time:** Wednesdays 3:10-4:30pm

WORKSHOP-CREATE YOUR OWN CALM: 3-week, skill-based workshop focused on developing strategies for addressing anxiety, excessive worry, and feeling overwhelmed. **Current time:** Tuesdays 3:10-4:30pm, Wednesdays 3:10-4:30pm

WORKSHOP-EMOTION SKILLS: 5-week, skills-based group focused on helping students increase emotional intelligence skills. Focusing on awareness and identifying emotions, emotion vocab, avoidance and suppression tendencies, constructive and effective emotional expression, and role of emotion in relationships. **Current times:** Thursdays 3:10-4:30pm

CRISIS RESOURCES

- For life-threatening emergencies, please call 911
- Campus police at (515) 294-4428
- National Suicide Prevention Lifeline (800) 273-8255
- Text the 24 hours Crisis Text line Text ISU to 741741