

SCC Counseling Services: How We Help?

SCC Counseling faculty support students to be as successful as possible in the classroom and in life.

Direct Care	Workshop and Classes
<ul style="list-style-type: none"> · Brief, solution-focused support · Focus on holistic wellbeing · Non-cognitive skills development** · Present and future decision-making · Mentoring, coaching, guidance · Goal setting and time management · Career counseling · Academic counseling · Crisis triage <p>**Non-cognitive skills are related to motivation, integrity, and interpersonal interaction. Examples include: emotional intelligence, self-efficacy, mindset, resiliency, and verbal and non-verbal communication skills.</p>	<p>Visit our website for an up-to-date list of all our current workshops and classes.</p> <p>www.scottsdalecc.edu/students/counseling/classes-workshops</p>
	Community Referrals
Basic Needs Support	
<p>We can connect you to resources for:</p> <ul style="list-style-type: none"> · Food insecurity/Hunger · Homelessness/Housing insecurity · Emergency grants · Department of Economic Security (DES) 	

Counseling Services: SC108

480-423-6524

counseling@scottsdalecc.edu

<https://www.scottsdalecc.edu/students/counseling>

Facebook Group: Wellbeing at SCC

When Counseling Services is closed, contact **Salt River Crisis Intervention Team (480) 850-9230** (Call first if you are a Salt River Pima Maricopa Indian Community Member) or **EMPACT Crisis Line (480) 784-1500**.

Crisis Lines available 24/7.