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

- 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 response

**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.

### Workshop and Classes

Visit our website for an up-to-date list of all our current workshops and classes.

www.scottsdalecc.edu/students/counseling/classes-workshops

### Community Referrals

Counseling faculty do not practice as behavioral health clinicians; therefore, you may be referred to one of the following community resources:

- Psychotherapy
- Long-term therapy
- Clinical mental healthcare
- Diagnosis and treatment plans
- Resolution of significant past traumas
- Specialized care (PTSD, addiction, family therapy, etc.)
- Medication
- Ongoing crisis and trauma care

### Basic Needs Support

We can connect you to resources for:

- Food insecurity/Hunger
- Homelessness/Housing insecurity
- Emergency grants
- Department of Economic Security (DES)

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Counseling Services: SC108
480-423-6524
counseling@scottsdalecc.edu
https://www.scottsdalecc.edu/students/counseling

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

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